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Without Spending \$\$\$**

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SCARF!**
See p.18

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**DEMI
LOVATO'S
FRESH START**

**How She Found Courage
For A Major Comeback**

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**YOUR 2012
HOT-BODY PLAN**

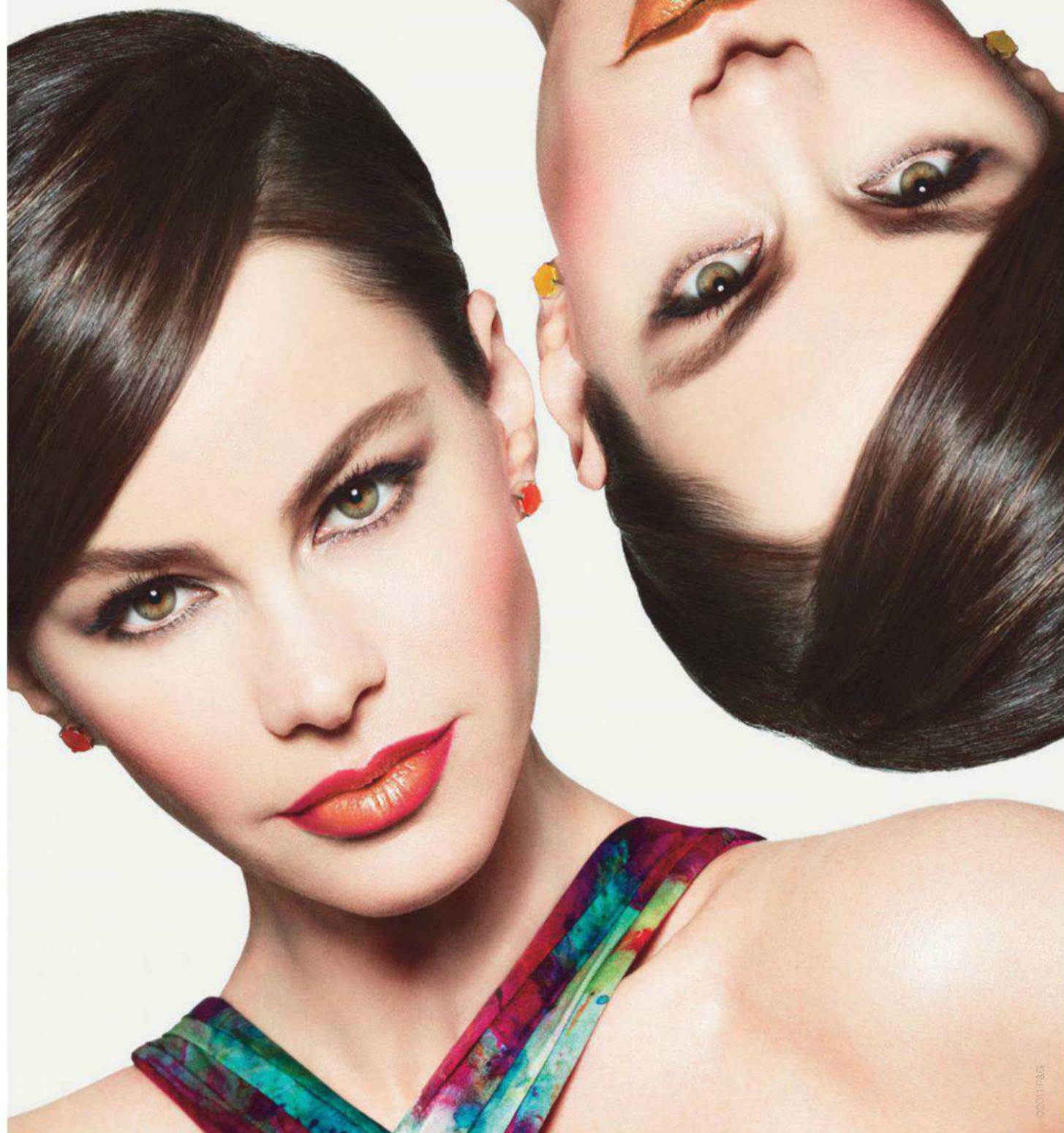
**We're All Getting
Fit Together!**

FEBRUARY 2012

seventeen.com

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Scan for application tips

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– Carrie Underwood

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health



**FASTER, STRONGER,
HOTTER IN
JUST 3 MONTHS!**

super-moves that
trim & tone p. 57
Your killer new workout from
Glee's Jenna Ushkowitz.



join team seventeen! p. 59
Get inspired by our new fitness bloggers.



why diets are dumb! p. 60
Sneaky ways you're sabotaging your health.

love



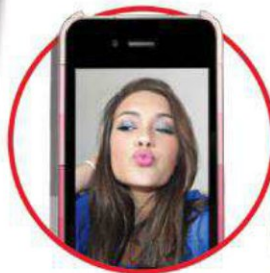
secrets of crazy-great flirts! p. 62
Easy tricks that work!



366 days of hotness p. 67
Meet our steamy Hot Guy Panel!



Rip out
this cool
calendar!



are your texts :-) or :- (? p. 68
Take our quiz before you hit send!



best v-day ever! p. 100
Have fun whether you're
single or coupled up!

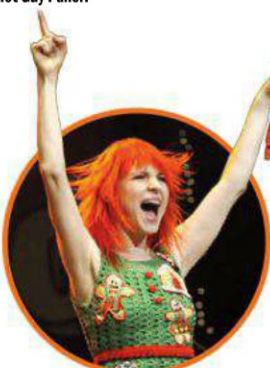
life



"occupy wall street
changed my life!" p. 70
You have to read Amina's story.



make \$400 by spring break! p. 72
This puppy is part of the plan!



the girl's guide to pulling
an all-nighter! p. 73
Tips from Hayley Williams!



get killer confidence! p. 74
Shay Mitchell spills her amazing secrets.



the hottest campus hookups! p. 75
The dudes who are worth your time!



the truth about love p. 116
How love can go really, really wrong.

and...

- ✓ hi from ann p. 10
- ✓ february freebies p. 12
- ✓ what you think! p. 14
- ✓ get demi's fresh look p. 18
- ✓ demi p. 82
- ✓ traumarama p. 120
- ✓ horoscope p. 124

PLUS *seventeen's*
**ULTIMATE
GUIDE TO
MUSIC!**

PAGE 76:
Willow
Smith's fave
artists!

Cool new
bands!

Free
downloads!

seventeen.com
**EVERYTHING YOU NEED
FOR VALENTINE'S DAY!**

- ♥ Tons of date ideas—from casual to romantic!
- ♥ Party themes for super-fun girls' nights!
- ♥ What's your V-Day vibe? Take the quiz!

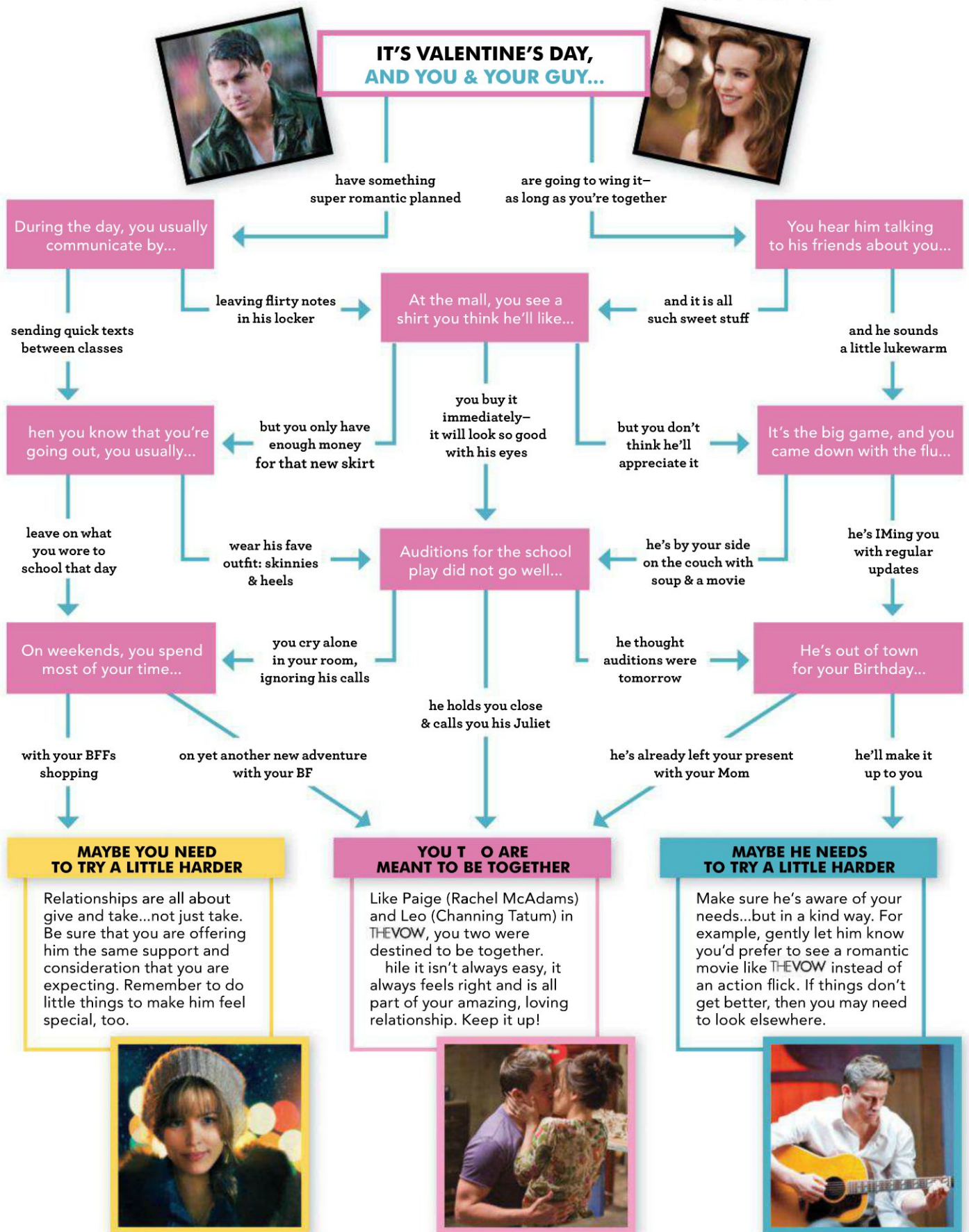


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Calvin Klein



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DIRECTED BY MICHAEL SUCSY
PG-13 PARENTS STRONGLY CAUTIONED
SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13
AN ACCIDENT SCENE, SEXUAL CONTENT, PARTIAL NUDITY AND SOME LANGUAGE
SPYGLASS ENTERTAINMENT Soundtrack on Rhino
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FEBRUARY 10

SONY
make.believe



66

This month, we're **celebrating** Demi Lovato's brand-new life! She's a year out of rehab, and she's healthier and **happier** than ever. It's the perfect inspirational story to kick off the New Year—we all want to start fresh in 2012!

So what do *you* want for yourself this year? Here's my little secret: Instead of a New Year's resolution, I pick a word to be my **mantra** for the year. It's not really as woo-woo as it sounds. I write it down on a Post-it, stick it to my computer, and use it as a little reminder of what I need to **achieve** my goals. In years past, my words have been *patience*, *love*, and *optimism* (that's how I got my dream job!). This year, I've decided that my word will be *brave*. I was actually **inspired**

by *The Vampire Diaries*' Kat Graham. When we interviewed her for an upcoming story, we asked what words she lives by. She said: 'What would you attempt to do if you knew you could not fail?' What a great message! Instead of **thinking** of all the reasons that something *won't* work, it **forces** you to imagine the best possible outcome—and then go for it! That's the kind of **courage** we *all* need.

Speaking of brave, check out **p. 70**. Amina, 17, had to have incredible strength to stand up for what she believed in when she joined the Occupy Wall Street movement. Her story is **provocative** and powerful. I can't wait to hear what you think of it!

What's *your* word this year? Tweet me **@annshoket #2012Word** or post it to **facebook.com/annshoket!**

99

XOXO
-A.



PS: Need some V-Day **inspiration**? Check out our Hot Guy Panel on **p. 67**. and then go online to get their fun, flirty Feb 14 tips!

the power of friendship

Demi says she never would have made it through the tough times without her friends! It's time to thank your BFFs!

"It's amazing to have the support of friends who have my back!"

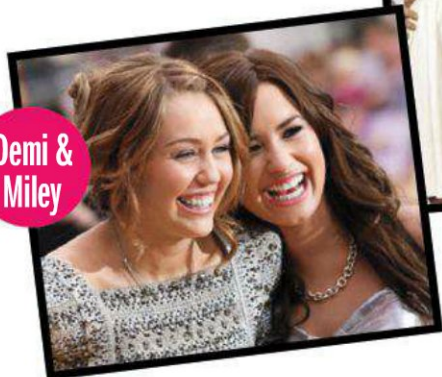
—DEMI



Demi & Selena



Demi & Kim



Demi & Miley



Show your friend how much you appreciate her! Send this friendship bracelet to her Facebook wall at **seventeen.com/friendsforever!**

SEVENTEEN.COM Talk to me all month long at seventeen.com/ann.

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february

1 WINNER
GRAND PRIZE



Get an awesome winter swag bag from **Roxy** that includes a jacket, a puffy vest, snow goggles, and gloves!

[roxy]

Who says bundling up has to be boring? Visit seventeen.com every day to enter to win these cool winter wardrobe pieces!

Save this calendar for
a chance to win
every day in February!

JCPENNEY



2 winners get Arizona
popover gloves
[monkey]



2 winners snag an
American Living puffy vest
[puff]



2 winners score Colorplay
solid knit tech gloves
[deer]



2 winners get
Mixit earmuffs
[ears]

LULU'S



1 winner snags an
Old Hollywood animal-
print jacket
[leopard]



5 readers win an
Obey beanie
[pompom]



1 winner gets a
Ma Cherie coat
[coat]



5 readers win a pair of
Funky Chunky knee socks
[socks]



3 winners get a pair of
Fair Isle knit shorts
[shorts]



2 winners get a Billabong
Roadkiller earflap hat
[hat]



2 winners score a Costa
Blanca sweater
[sweater]

H&M



1 winner gets a pair of
love gloves
[love]



1 winner gets a
fur-collar jacket
[red]



1 winner snags a
knit scarf
[scarf]



1 winner gets a
knit beanie
[beanie]



1 winner scores a
fleece jacket
[fleece]



1 winner gets a pink
knit cap
[pink]



1 winner gets a pair of
ankle boots
[boots]

FOREVER 21



1 winner gets a puffy vest
[vest]



1 winner scores a pair of
panda bear gloves
[panda]



1 winner gets a fleece
toggle jacket
[blue]



1 winner snags a knitted
heart hat
[heart]



1 winner gets a color-
block athletic jacket
[athletic]



1 winner scores a pair of
Fair Isle slippers
[slippers]



1 winner snags a
geo-pattern sweater
[pattern]

GOJANE



4 winners score a
cable-knit scarf
[cozy]



4 winners snag a
pom-pom beanie
[stripes]



5 winners get a pair of
sweater leggings
[leggings]



3 winners grab a pair of
knit booties
[booties]

HOW TO ENTER: Starting February 1, log on to seventeen.com/freebies every day and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to seventeen.com/freebies or see page 122 for details.

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NEW YORK

Emily is wearing New Baby Lips Lip Balm in Quenched. ©2012 Maybelline LLC. *Based on a clinical study after 4 weeks of use.

what *you* think!

Stuff you're talking about *right now*!



DANCE OFF

“I loved your interview with Heather Morris [November 2011]! I’ve always envied her dancing on *Glee* because I want to be a dancer, too. Her determination has inspired me to go for it! Thanks for showing us such an amazing role model!”

—MATTIE, 15, ARLINGTON HEIGHTS, IL



Alexandra Chando pulls double-duty as Emma and Sutton.

TWINSIES?

The *Lying Game*, the ABC Family show about twins who swap lives, is back this month! If you had a secret twin, what you would make her do?



“I’d make her wait in line for my morning staple: a Starbucks venti cinnamon dolce latte—nonfat, no whip!”

—STEPHANIE, 22, INDIANA, PA



“I would make her go my job at the deli and have gross customers hit on her all day. Ha!”

—DANIELLE, 19, SHELBYVILLE, KY

mom, just relax!

These ads starring Dakota Fanning and Hailee Steinfeld were banned in the UK for being too provocative. You weighed in:

87%
of you say
the ads are
NO BIG DEAL!

too sexy?

too scary?



Dallas at the Taylor concert!

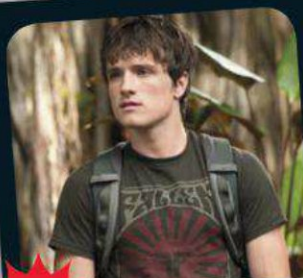
on the money

“I read ‘Money Can Buy Happiness!’ in the November issue and followed the advice to spend my cash on tickets for a Taylor Swift concert. She wound up hugging me in the audience and it was the coolest experience ever!”

—dallas, 18, grove, ok

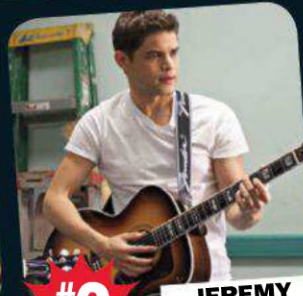
WHO'S YOUR V-DAY MOVIE DATE?

These cuties all have movies about to hit theaters. Who are you most excited to stare at for two hours?



#1

JOSH HUTCHERSON,
STAR OF *JOURNEY 2: THE MYSTERIOUS ISLAND*



#2

JEREMY JORDAN, STAR OF *JOYFUL NOISE*



#3

TRISTAN WILDS, STAR OF *RED TAILS*

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Pink Friday, Save Me, Super Bass Shatter
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Flirtalert

Stylish tips on fashion and beauty
from **Seventeen Style Pro, Amy**

Sarah and Caitlin, two of **maurices Main Street Models**, may come from small towns, but they have some Big Apple Style! Check out their flirty head-to-toe looks—just in time for Valentine's Day!

xoxo, Amy

Date night is the perfect excuse to get dolled up and try out the hottest restaurant. Make sure to call ahead and reserve a booth so that you and your BF can be extra close!

get Sarah's Look

- ♥ Let the skirt do the talking—a fun print adds a pop of interest to a neutral outfit
- ♥ A hip slung belt keeps the look casual and cool, but still looks pulled together
- ♥ Pinning back your hair puts the focus on your face, plus you won't be fussing with it all night
- ♥ Extra rosy cheeks and a light pink gloss perfectly complement this girly style

Amy (left)—Chunky Knit Cropped Sweater, Style #84518, Deep Taupe, \$34; Scoop Neck Tank, Style #77935, Coffee Bean, \$14; Crosshatch Denim-like Trouser, Style #83656, Indigo, \$36; Smocked Color Block Scarf, Style #83146, Baked Apple Combo, \$14; Nessa Ankle Bootie, Style #84429, Stone, \$39. **Sarah (right)**—Cropped Studio Y Blazer, Style #83688, Shell, \$46; Scoop Neck Tank, Style #77935, Cream, \$14; Floral Chiffon Hi-Lo Maxi Skirt, Style #83302, Multi, \$36; Braided Belt with Flowers, Style #84238, Cognac, \$18; Lacey Faux Suede Pump, Style #83750, Natural, \$29; All jewelry also provided by maurices.

There is a promotional agreement in place between *Seventeen* and maurices.



Planning a fun activity like bowling, checking out your fave sports team, or seeing the latest movie makes for a memorable date. Don't forget to bring your camera!

get Caitlin's Look

- ♥ Dark-rinse denim is a wardrobe essential and the perfect base for this boho vibe
- ♥ Cinching the waist of a blousy top adds definition and keeps the look from becoming too overwhelming
- ♥ Dangly earrings work to lengthen your neck, especially when your hair is also pulled up
- ♥ Adding a French braid instantly makes an ordinary ponytail date night-worthy

maurices

maurices mainstreet models are real girls, just like you, in regular, tall, and plus sizes. Get all of their looks and more in-store and at **maurices.com**.

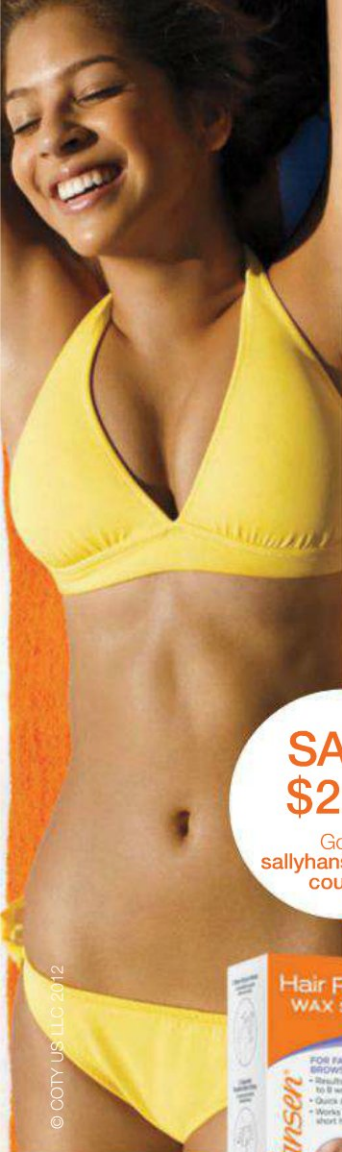
Find out how you can enter **maurices Main Street Model Search 2012** by liking **maurices** on Facebook!

Caitlin (left)-Ikat Angel Sleeve Top, Style #84461, Faded Rose Combo, \$36; Contrast Stitch Jean, Style #80179, Dark Sandblast, \$64; Nia Over-Heel Cuff Faux Leather Boot, Style #82915, Cognac, \$49. **Amy (right)**-Waiter Jacket, Style #78997, Black, \$49; Scoop Neck Tanks, Style #77935, White and Coral Haze, \$14; Double Stitched Jegging, Style #79026, Dark Sandblast, \$29; Lacey Faux Suede Pump, Style #83750, Black, \$29; All jewelry also provided by maurices.

Want to know what it's like to be a maurices Main Street Model?
Here's an exclusive behind-the-scenes video from their photo shoot!



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Step 3: Watch!
For help visit seventeen.com/gettag



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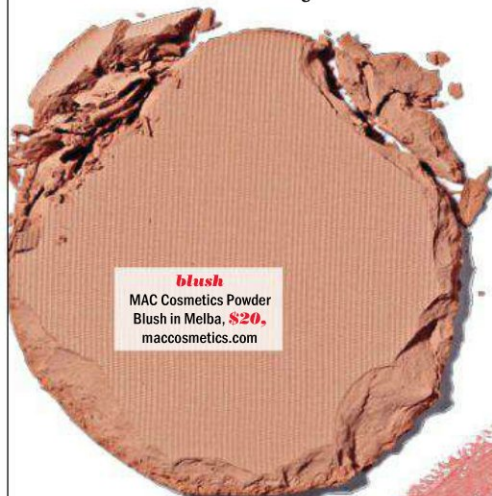
Beauty that Works

*Based on Symphony/IRI Group data

**Regrowth time varies from area
to area and person to person.

get demi's *fresh* look

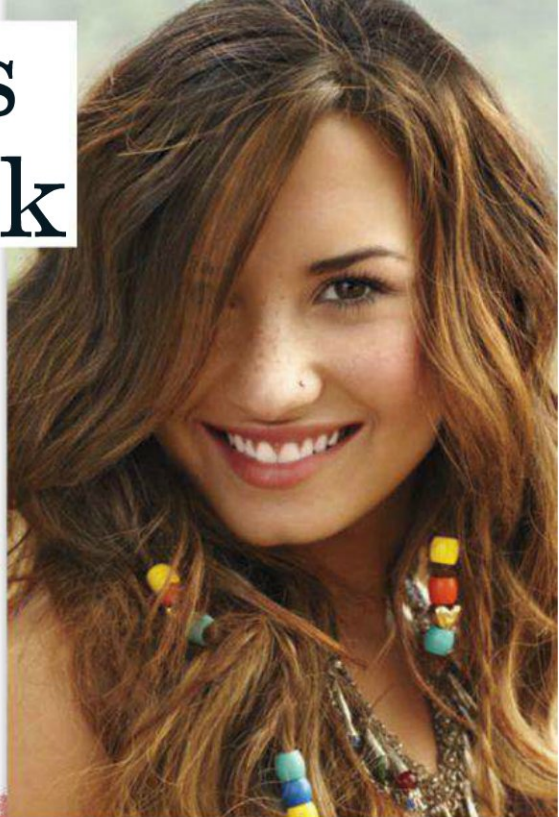
Demi is a whole
new girl—with a pretty
new style!



blush
MAC Cosmetics Powder
Blush in Melba, \$20,
maccosmetics.com



mascara
MAC Cosmetics Pro Lash
Mascara in Black, \$15,
maccosmetics.com



Indigo tank by 10 Crosby Derek Lam. Print tank by Winter
Kate. Color drop and brass necklaces by House of Lavande.
Long silver necklace by French Kande. Photographs: Matt
Jones. Fashion Stylist: Lara Backmender. Hair: Campbell
Mcauley. Makeup: Francesca Tolot. Manicure: Lisa Postma.

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given away. One per person. While supplies last. A notice will be posted on
seventeen.com when Sponsor has received 1,000 entries.

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opi.com for salons

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Nail Polish in
Chinese Red, \$5,
duri.com

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in Fuchsia, \$7,
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Lacquer in Step 2 the
Beat of My Heart, \$8,
Target stores

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Chanel Nail Colour in Pirate,
\$26, chanel.com

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Lipstick
Tarina Tarantino
Conditioning Lip Sheen
in Pink Elephant,
\$22, Sephora stores

Lipstick
Julie Hewett Lipstick in
Gem Noir, \$23,
juliehewett.com

Lipstick
MAC Cosmetics
Lipstick in Quick Sizzle,
\$15, maccosmetics.com

Lipstick
Maybelline New York
Color Sensational Lip
Color in Fuchsia Fever,
\$8, drugstores

Lipstick
Mally Beauty Lipstick
in Zoey Doll, \$15,
mallybeauty.com

So
friday night.



so you.™



Use your QR reader to
get the weekend started.

Become our fan on Facebook



Lip Conditioner with Sunscreen • softlips.com/friday

UNWASTED ↑ WEEKEND

WEEKENDS ARE TOO GOOD TO WASTE.

Above the Influence & *seventeen* present
the weekend style challenge

Above the Influence. It's a state of mind. It's about being yourself and not letting negative influence get to you. Pressure to drink or do drugs or do anything that goes against who you are in order to fit in — that's negative influence. And if you're one of the teens who wants to stay above it, you've come to the right spot.

SHOW US HOW YOU ROCK YOUR UNWASTED WEEKEND STYLE!

We all have that style that best expresses who we are. So this weekend, we want to see your signature style. Snap a quick photo wearing your outfit and upload the photo on seventeen.com/weekendstyle.

One grand prize winner will win the **ULTIMATE WEEKEND STYLE CHALLENGE** prize package including:

- A 3-night weekend trip to NYC with one guest
- A full-day photo shoot complete with the star treatment including hair, makeup and wardrobe styling
- A feature in the Unwasted Weekend promotion in the June/July 2012 issue of *Seventeen*
- A tour of the *Seventeen* offices
- Plus, 10 runners-up will receive a copy of the *Seventeen Ultimate Guide to Style* and the chance to be featured in the June/July 2012 issue of *Seventeen*



NO PURCHASE NECESSARY TO ENTER OR WIN. The ONDCP Above the Influence (ATI) Ultimate Weekend Style Challenge Contest Sponsored by Hearst Communications, Inc. Contest begins at 12:01 AM ET November 15, 2011 and ends at 11:59 PM ET February 7, 2012. Must be 13-17 years old, and a legal resident of the 50 United States, Puerto Rico, or District of Columbia. Void where prohibited by law. One (1) grand prize winner will receive a 3-night trip with one (1) guest to New York City, a photo shoot, a tour of the *Seventeen* offices, and will be featured in an Above the Influence advertorial promotion in the June/July 2012 issue of *Seventeen*. Total ARV: \$3,355.00. Ten (10) runners-up will receive a copy of the *Seventeen Ultimate Guide to Style* and the chance to be featured in an Above the Influence advertorial promotion in the June/July 2012 issue of *Seventeen*. Total ARV: \$19.95 per prize. Contest is subject to complete official rules available at seventeen.com/weekendstyle.

fashion

alexandria, 16

julia, 17

STYLE WARS!

It's a fashion face-off! Check out these hot new pieces, then get inspired to make them your own.

Embrace this daring color by pairing it with a fiery red top and neon accessories!

tee
Sizes XS-L, Fluxus,
\$11, fluxusbrand.com.
necklace
AMI Clubwear, \$16,
amiclubwear.com.
bracelets
Bangle, R.J. Graziano,
\$35, call
212-685-1248 to
order; bead bracelet,
Juicy Couture, \$18,
Juicy Couture
boutiques.
flats
Sizes 6-10, Nine West,
\$69, Nine West
stores.

**BRIGHT
JEANS**

pants
Sizes 00-14, Level 99,
\$98, lulus.com

BOLD

VS

BOHO

Sunshine yellow becomes almost earthy with the help of neutral tones and slouchy silhouettes.

cardigan
Sizes S-L, Costa
Blanca, \$61,
lulus.com.
shirt
Sizes XS-L, Denim &
Supply Ralph Lauren,
\$98, Macy's and
denimandsupply.com.
espadrilles
Sizes 5-12, Toms,
\$54, Nordstrom and
toms.com.

LITTLE BLACK DRESS



dress
 Sizes 2-10, H&M,
\$10, H&M stores

SPORTY

VS

MOD

Give this girly staple a boyish twist with a long-sleeved henley and a cute baseball cap!

shirt
 Sizes XS-L, Victoria's Secret PINK, **\$23**, vspink.com.
hat
 Obey Clothing, **\$34**, obeyclothing.com.
heels
 Sizes 5-11, Jessica Simpson Collection, **\$110**, jessicasimpsoncollection.com.

The boxy cut begs for '60s-inspired accessories: white tights, graphic booties, and big beads!

necklace
 Juicy Couture, **\$98**, select Juicy Couture boutiques.
tights
 Hue, **\$14**, Bloomingdale's.
booties
 Sizes 5-11, Rocket Dog, **\$80**, rocketdog.com.



FLORAL SKIRT

skirt
 Sizes 2-10, H&M, \$50,
 H&M stores

GIRLY

VS

EDGY

A skirt this pretty should be played up with layers of pastel lace and ruffles.

blouse
 Sizes S-L, Line & Dot, \$85, thelineanddot.com.
camis
 Sizes S-L, Mary Green, \$29, marygreen.com.
socks
 American Apparel, \$9, americanapparelstore.com.
heels
 Sizes 5-10, Promise, \$46, lulus.com.

Cut the sweetness with a destroyed tee, rocker accessories, and tons of black leather.

jacket
 Sizes S-L, Flirt Catalog, \$60, flirtcatalog.com.
shirt
 Sizes XS-XL, Rock & Republic, \$48, Kohl's and kohls.com.
tights
 Hue, \$9, Macy's.
boots
 Sizes 6-10, MIA, \$79, miashoes.com.

cardigan
Sizes XS-L,
BB Dakota by
Jack, \$69,
lulus.com



blue
Sizes XS-XL, So, \$34,
Kohl's and kohls.com



"The cobalt blue color is so eye-catching! Cute with a bright dress peeking through."

-ANGELA

"This slouchy shape is so great for layering—and the earthy colors make it perfectly boho."

-SAMANTHA, 19

tassel
Sizes XS-L,
Billabong,
\$80, select
Billabong
stores and
lulus.com



the cutest sweaters (in the closet!)

When new stuff comes into the fashion closet, our interns are the first to check it all out. Here's what they loved this month!

yellow
Sizes XS-XL,
Rachel
Rachel Roy,
\$89, select
Macy's and
macys.com



"I would wear a longer shirt under it to show off the high-low hem."

-SAMANTHA

shawl collar
Sizes XS-L, Quiksilver,
\$99, quiksilver.com



"This cardigan is ridiculously comfy! It's a nice length to wear with leggings."

-SAMANTHA

cable-knit
Sizes XS-XL,
DKNY Jeans,
\$79,
800-777-4524



"I tried this with a neon-pink collared shirt. The two tones looked so cool!"

-ANGELA

pink
Sizes XS-XL,
Aéropostale, \$25,
Aéropostale stores
and aeropostale.com



"This pink makes everything it touches a little sweeter—even crazy prints and bright green pants!"

-ANGELA, 18



zebra
Sizes S-L,
Lulu's, \$45,
lulus.com

INTRODUCING
THE NEW FRAGRANCE



MACY'S AND MACYS.COM

SEE LEIGHTON MEESTER'S LOVESTRUCK
MOMENT AT VERAWANGFRAGRANCES.COM

look chic for *free!*

Just when you're having the annual "I hate my wardrobe!" meltdown, here's how to rework your stuff into cute new looks.

wear your pj's!

Tuck your prettiest pajama shirt into faded jeans—so sexy, so comfy!

**pajama
shirt**

Sizes XS-L,
Bedhead
Pajamas, **\$85**,
bedheadpjs.com

gabby, 19

TIP YOUR HAT!

Get in on the celeb way to rock a fedora: Push it toward the crown of your head. When it sits so far back, there's no "hat head." *hat*

heat

New York Hat Co., **\$54**,
newyorkhatcotogo.com



Chloë Grace Moretz

MIX PATTERNS!

Playful printed shoes with funky socks make such a flirty pairing. What better way to celebrate the near-end of snow boots?

heels

Sizes 5-11, IF by Iron Fist,
\$65, Tilly's stores and
ifladies.com.

socks

Hello Kitty by Loungefly,
\$15 per pair, loungefly.com.



Anna Sui



*get color-
blocked!*

Wear all the solid bright pieces you own together—the look is super-modern and packed with personality.

A woman with blonde hair is standing on a wooden pier, smiling and looking back over her shoulder. She is wearing a bright yellow raincoat with white cuffs and a matching yellow belt. She holds a large umbrella with a blue and yellow floral pattern. In her left hand, she carries a large tote bag with a colorful, intricate pattern. The pier is made of wooden planks and has several brown bollards. In the background, there is a body of water, a docked boat with a red and white cabin, and a building with a sign that reads "ARNOLD TRANSIT CO". The sky is overcast.

be colorful™

Vera Bradley

verabradley.com

update preppy!

The newest take on preppy: Pile on the prints! Plaid + stripes + polka dots = cuteness!



sweater
Sizes XXS-XXL, American Eagle Outfitters, **\$10**, American Eagle Outfitters stores and ae.com.
shirt
Sizes 0-16, Vineyard Vines, **\$98**, vineyardvines.com.
shorts
Sizes 0-11, Quiksilver, **\$50**, Quiksilver stores and quiksilver.com.

J.crew



Elizabeth Olsen

let your necklaces out!

Wear statement necklaces over a crisp collared shirt or dress and you'll instantly reinvent them both.

necklaces
Black bead, All the Rage, **\$21**, alltherageonline.com; blue bead, Urbanog, **\$10**, urbanog.com.
dress
Sizes XS-XL, Kersh, **\$95**, 888-688-3657.



arami, 22

cardigan
Sizes XS-XL, Victoria's Secret, **\$80**, Victoria's Secret Catalogue and victoriasecret.com.
tee
Sizes S-L, Mighty Fine, **\$18**, welovefine.com.
shorts
Sizes 24-31, Quiksilver, **\$72**, quiksilver.com.
sneakers
Sizes 5-15, Converse, **\$50**, converse.com.

reuse your holiday sparkle!

Don't stash your NYE sequins away! Use them to perk up a graphic tee and high-tops.



earrings
Lulu's, **\$11**, lulus.com

ADD SOME STUDS!

Give sweet earrings (and an old shirt!) new life: Poke your studs through the collar to add a little hit of fun.

shirt
Sizes XS-L, D. Brand, **\$99**, djpremium.com

GET SPORTY!

Save your jersey for the game, but snag your brother's boxier version to play with proportions—wear it with printed skinnies!



Isabel Marant

jersey
Sizes S–XL, Softe,
\$15, Sports
Authority stores and
soffe.com



wrap a scarf!

Add a tied scarf to your arm full of bangles for a look that's edgy and sweet.



bandanna
Aerie, \$13, Aerie
stores and aerie
.com.
bracelets
Yellow bracelet,
Juicy Couture,
\$18, select Juicy
Couture
boutiques; gold
bracelet, Lisa
Stewart, \$92,
lisastewartonline
.com.

layer your skirt!

Wear a skirt over your fave sundress. (It's like getting a whole new dress for free!)



gabby, 17

skirt
Sizes 2–12, H&M,
\$30, H&M stores.
dress
Sizes XS–L, Jack
BB Dakota, \$65,
zappos.com.
wedges
Sizes 6–10, Steve
Madden, \$129,
lulus.com.

Shop on your
iPhone or
iPod touch!



Browse tons of
cute pieces now on
the new *Seventeen*
Ultimate Fashion
Flipbook iPhone app!
Download it for
free on iTunes!

REMIX YOUR HOODIE!

Re-create Emma's look by putting a cropped hoodie over a floaty lace blouse.

hoodie
Sizes XS–XL, Colorfast, \$72,
colorfastapparel.com.
shirt
Sizes S–L, Gracia, \$60, shopgracia.com.



Emma Roberts

your *spring style*



PEPLUM SKIRT

skirt
Sizes XS-XL,
Rampage, \$49,
Macy's and
macys.com



Jason Wu



FLORAL DRESS

dress
Sizes S-L,
Urbanog, \$24,
urbanog.com



Rebecca Minkoff



FADED DENIM SHIRT

shirt
Sizes XS-L,
D Brand, \$99,
dipremium
.com



Balmain



CROPPED BUSTIER

top
Sizes XS-L, Minkpink,
\$35, urbanoutfitters
.com



Miu Miu

BELTED JACKET

jacket
Sizes S-L, Jack
BB Dakota, \$90,
southmoonunder
.com.

belt
Urbanog, \$10,
urbanog.com.



Burberry Prorsum



Mulberry

YELLOW BAG

bag
Truvow, \$99,
truvow.com



cheat sheet!

Consider this your shortcut to chic: The season's best pieces are all right here.



SPORTY LAYERS

sweater
Sizes XS–XL, Hurley, **\$35**,
hurley.com.

shirt
Sizes XS–XXL, American
Eagle Outfitters, **\$35**,
American Eagle Outfitters
stores and ae.com.



Alexander Wang



SHARK-TOOTH NECKLACE



necklace
Charles Albert,
\$95,
charlesalbert.com



HIGH-WAISTED SHORTS



Balenciaga

shorts
Sizes 2–12, H&M,
\$18, H&M stores.
belt
Make Me Chic, **\$8**,
makemechic.com.



Givenchy

LACE DRESS



dress
Sizes S–L,
Candie's,
\$68,
Kohl's



SNAKESKIN MAXIDRESS



Just Cavalli

dress
Sizes S–XL, Apt 9,
\$64, Kohl's and
kohls.com



Louis Vuitton

PRINTED PANTS



pants
Sizes S–L,
Urban 1972,
\$39,
urban1972
.com

bag
Kipling, \$109
(Seventeen price:
\$92.65),
kipling-usa.com



15% OFF

Seventeen exclusive!

Kipling designed this bag just for *Seventeen* readers. (The photo print is *hot* for spring!) Enter the promo code **SEVENTEENPRINT** at checkout on kipling-usa.com for a 15 percent discount.

DO GOOD, GET 25% OFF!

You've got tons of jeans you don't wear anymore, and they could really help homeless teens in need. Aéropostale is collecting your old pairs—and giving you 25 percent off new ones! Plus, our girl Demi is getting behind the cause!

**TEENS FOR
JEANS**
AÉROPOSTALE DO GOOD P.B.



**GIVE
BACK!**



Demi Lovato

fashion talk

AWESOME STUFF WE CAN'T SHUT UP ABOUT THIS MONTH!

RIPPED FROM THE RUNWAY!

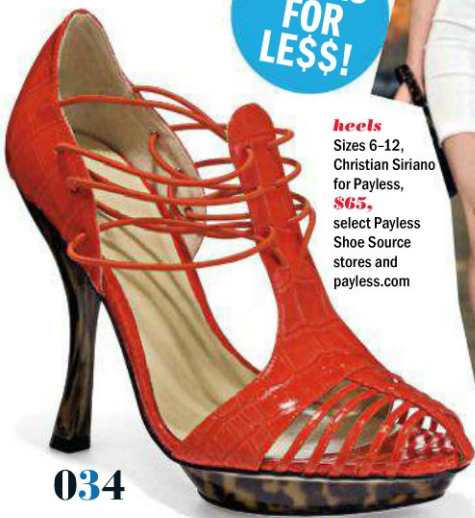
Project Runway's biggest success story, Christian Siriano, is expanding his shoe line at Payless—it'll include affordable versions of his glam runway styles!



Christian Siriano

**LOOKS
FOR
LESS!**

heels
Sizes 6–12,
Christian Siriano
for Payless,
\$65,
select Payless
Shoe Source
stores and
payless.com



big deal!

Baby Phat is freshening up its line to become even cooler—you've got to check it out! Here's the best excuse to buy a few pieces: You get a 15 percent discount on babyphat.com when you use the code **17BPFash** at checkout!



dress
Sizes XS–XL, Baby
Phat, \$69
(Seventeen price:
\$58.65),
babyphat.com

**15%
OFF**

killer denim for less!

Celeb-favorite brand Rock & Republic jeans are now being sold exclusively at Kohl's—and everything is under \$100! Score!



**DESIGNER
AT A
DISCOUNT!**

jeans
Sizes 0–16,
Rock & Republic,
\$80, Kohl's and
kohls.com

Be the **Cat's
Meow!**



Meow!

by

Katy Perry

The Feminine New Fragrance

NORDSTROM

her style

Violet Lepore (daughter of girly, flirty designer Nanette Lepore) has fashion in her genes. Steal her secrets to get in on the fun!



name: Violet, 14
hometown: NYC
must-shop stores: Urban Outfitters, vintage stores
style icons: Lady Gaga, Kelly Osbourne, Carey Mulligan, Hailee Steinfeld
fave designers: Betsey Johnson, Nanette Lepore (obviously!)
find her on Instagram: Violetsxox

Nanette Lepore is known for her amazing dresses. This belted one was Violet's favorite from the spring runway show!



Nanette Lepore

lipstick
 MAC Cosmetics Lipstick in Violetta, \$15, maccosmetics.com



PUNCH UP YOUR LIPS!

"I wear makeup just because it's fun—not to look better! MAC lipsticks are the best—they come in a million colors."



GIVE FLOWERS AN EDGE!

"People think florals are just for summer, but they work great with leather, like lace-up boots. I love mine because they're really worn out!"



boots
 Sizes 6–10, Nine West, \$219, Nine West stores and ninewest.com



GET DESIGNER LOOKS FOR LESS!

"Of course I steal beautiful things from my mom's showroom (like this dress!), but my friends and I love the bright colors in her more affordable line, Oonagh. It's my middle name!"



tee
 Sizes XS–L, Oonagh by Nanette Lepore, \$98, nanetteleapore.com

ADD A TUTU!

"I have giant tutus hanging in my closet. You can find ways to make them wearable—I like them with casual striped or plaid shirts."



tutu
 One size, American Apparel, \$71 each, americanapparelstore.com

Purrr

by

Katy Perry

Eau De Parfum

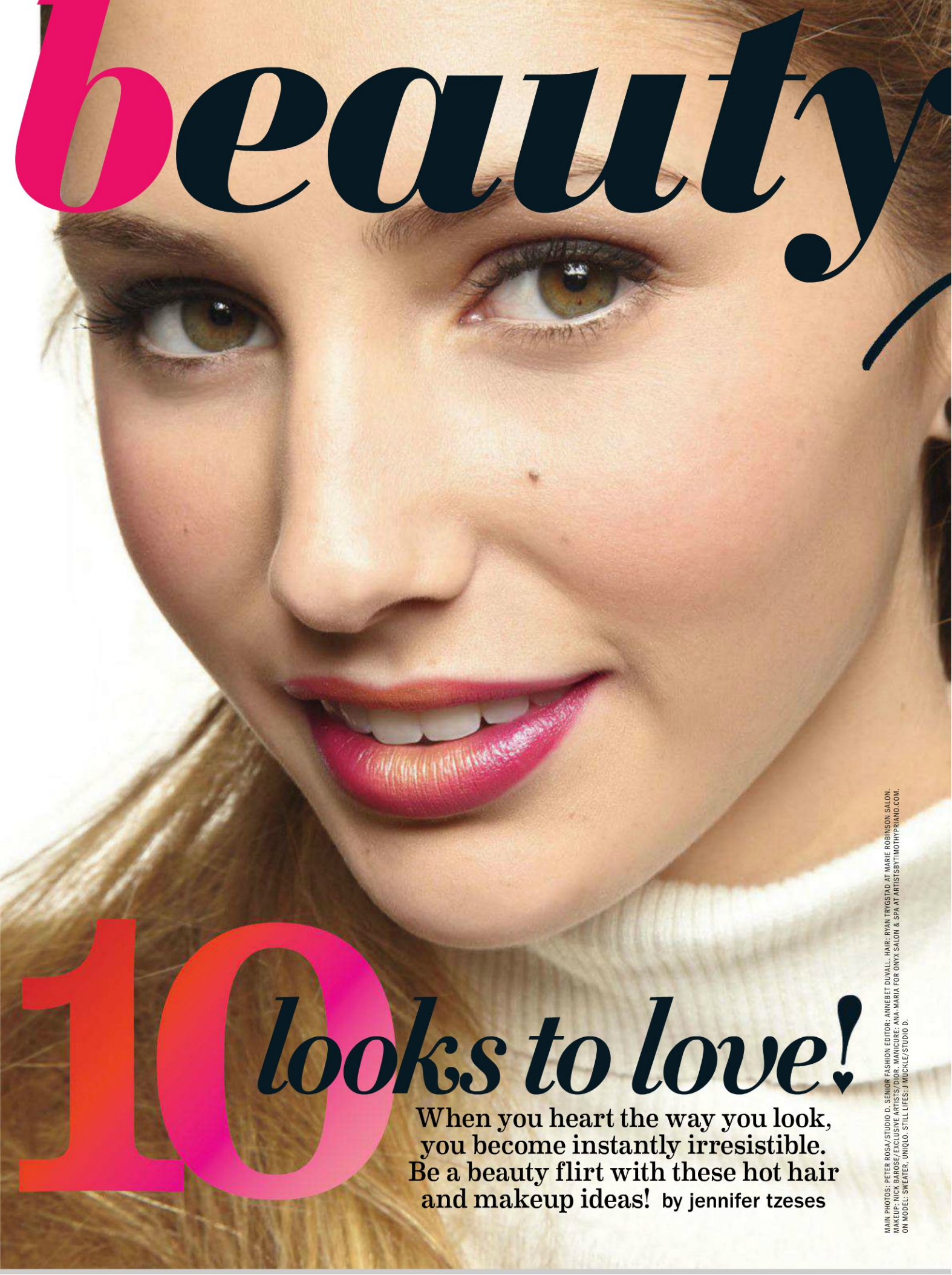
Available at

NORDSTROM

1.800.7beauty | nordstrom.com



...Earn My Affection



beauty

10 looks to love!

When you heart the way you look,
you become instantly irresistible.
Be a beauty flirt with these hot hair
and makeup ideas! by jennifer tzeses

MAIN PHOTOS: PETER ROSA/STUDIO D. SENIOR FASHION EDITOR: ANNEBET DUVAL. HAIR: RYAN TRYGSTAD AT MARIE ROBINSON SALON.
MAKEUP: NICK BAROSE/EXCLUSIVE ARTISTS/DOOR. MANICURE: ANA-MARIA FOR DNYX SALON & SPA AT ARTISTSBYTIMOTHYPRIANO.COM.
ON MODEL SWEATER, UNIQLO. STILL LIFES: J. WUCKLE/STUDIO D.

#1 KISS IN color!



HOW-TO: With a cool ombré effect, don't be surprised if he can't take his eyes off your lips. Fill them in with the deepest colors. Then blend the lighter shades of pink and swirl from the center of your lips outward with your finger. Dab the white gloss in the center for extra shine.

try: Dior Holiday Lip Palette, \$46, Macy's



try: Dolce & Gabbana Charm Eye Liner Pencils in Platinum, Stroboli, and Black, \$33 each, saks.com

#2

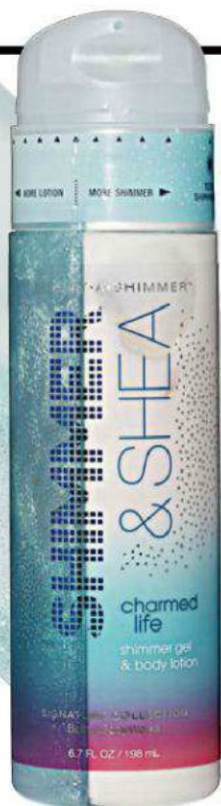
17 tip:

A shimmery silver eye pencil worn just beneath bottom lashes makes eyes look brighter.

draw attention!

HOW-TO: A dramatic line instantly makes a flirty glance more smoldering. Rim your top and bottom lashlines with black or graphite pencil, then smudge the liner with a cotton swab for a steamier look. (The adorable charms on the end of these liners are a playful bonus!)

#3



GLOW FROM HEAD TO TOE!

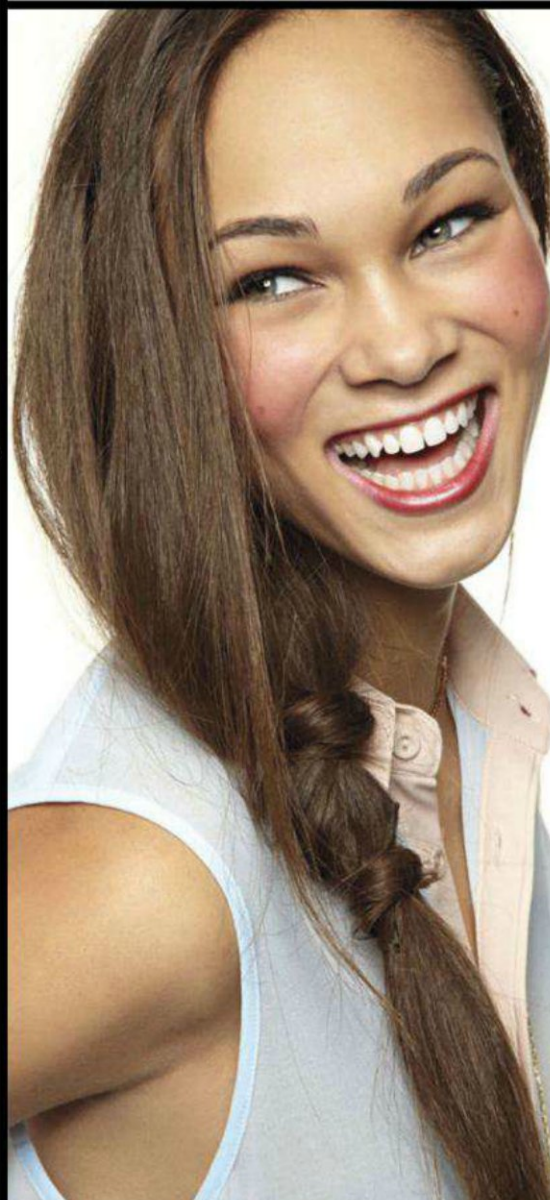
Nothing is sexier than soft, shimmering skin. This moisturizer is super-hydrating, and it lets you control the amount of sparkle—so there's zero risk of looking like a disco ball.

try: Bath & Body Works Signature Collection Select-A-Shimmer in Charmed Life, \$14, Bath & Body Works stores

#4 BE A KNOTTY girl!

HOW-TO: A soft pony is perfect for date night—it looks done but not overdone! Smooth dry hair with a de-frizzing cream. Leave the front strands free and gather hair into a loose side pony. Take a small section from underneath, wrap it around the length of the pony, and then tie it into a knot. Secure with pins. Repeat with another section two inches down.

try: Dove Nourishing Oil Care Leave-In Smoothing Cream, \$5, drugstores





#6

TEASE a little!

HOW-TO: Give a sweet half-updo a kick of sexiness with messy volume. Part hair in the middle and tease the crown for lift. Divide the front into two small sections. Braid each one and secure at the back with a small elastic.

17 tip:

After teasing your hair, pat it into place but don't brush it to keep the undone texture.



#5

TREAT YOUR HAIR!

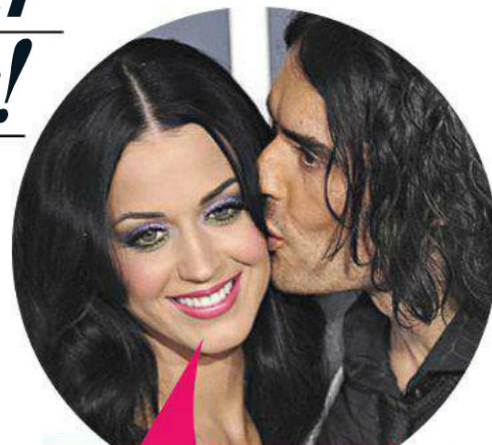
Everyone loves chocolate on V-Day! This chocolate-based shampoo and conditioner leave your hair shiny, silky, and frizz-free—oh, and you'll smell good enough to eat!

try: Carol's Daughter Chocolat Smoothing Shampoo, \$18, and Chocolat Smoothing Conditioner, \$20, carolsdaughter.com

#7 *flutter away!*

HOW-TO: A set of falsies is your hotness secret weapon. These were designed by mega-flirt Katy Perry—the dual-layer lashes double your batting average, and they mold easily to your eye shape. After gluing them to your lashline, swipe a coat of mascara to blend the faux fringe with yours.

try: Katy Perry Lashes by Eylure in "Oh, My!", \$7, ULTA stores



“I love the fresh, fun, fluttery look of false lashes. I can find a lash to match any style, from innocent to vixen.”

—KATY PERRY



24HR intensity. Tattoo tenacity.

Dare to wear our
longest-lasting shadow.

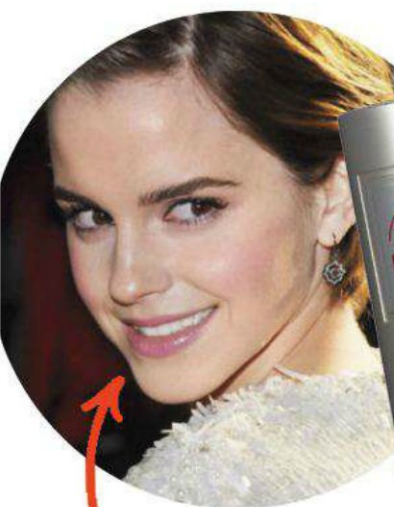
NEW
COLOR TATTOO™
24HR CREAM GEL SHADOW

Our ink technology creates super-saturated color.
Cream gel smooths on for vibrant color that does
not fade. Dare to get inked. In 10 shades.

EYESTUDIO® by MAYBELLINE
EXPLORE MORE AT MAYBELLINE.COM NEW YORK

Shu Pei is wearing New Eye Studio® Color Tattoo™ 24HR Cream Gel Shadow in Painted Purple. ©2012 Maybelline LLC.

pucker up!



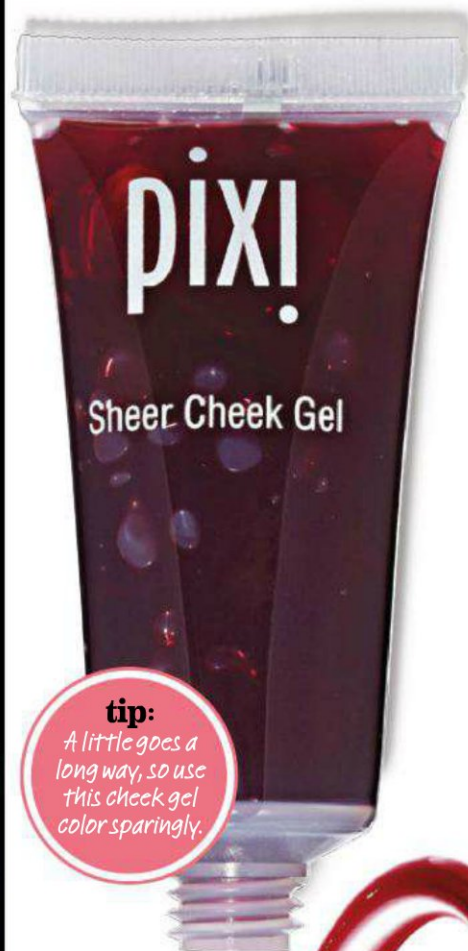
Soft pink is Emma Watson's go-to glam color!



#8

HOWTO: With this long-wear lipstick, you can make out all you want—it won't come off and the formula keeps lips hydrated. A rosebud shade like this one looks like your natural lip color but a bit more luscious.

try: Lancôme Rouge in Love Lipcolor in Sweet Embrace, \$25, lancome-usa.com



tip:

A little goes a long way, so use this cheek gel color sparingly.

try: Pixi Beauty Sheer Cheek Gel in No. 4 Flushed, \$18, pixibeauty.com

#9

POP IN pink!

HOW-TO: You don't need an excuse to wear extra pink on V-Day. Show your girly spirit with an eye-catching swipe of sparkly pink liner. The unexpected burst of color totally intensifies your eyes.

try: Urban Decay Heavy Metal Glitter Eyeliner in Catfight, \$18, urbandecay.com



#10

GET CHEEKY!

Re-create that first date glow with a pinch of cheek gel. Smile and blend a drop onto the apples of your cheeks for the most natural blush.

Exclusive felt tip. Never dries. Never skips.

Master the refined line.

THE NEXT GENERATION OF LIQUID LINER IS HERE.

masterprecise BY EYESTUDIO

NEW
masterprecise™
INK PEN

MASTER DELIVERY with our ultra-thin 0.4mm brush.

MASTER FLOW for smooth, even lines with no mess or excess.

MASTER INTENSITY from super-saturated ink pigments.

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EXPLORE MORE AT MAYBELLINE.COM

NEW YORK

Julia is wearing New Eye Studio® Master Precise™ Ink Pen Eyeliner in Black. ©2012 Maybelline LLC.

THE BEAUTY BASICS

every girl needs to know!



Our Beauty Smarties are spilling all their best secrets—your everyday routine is about to get so much easier! by molly ritterbeck

master a fishtail braid!

BY bethany

"A fishtail is actually *easier* than a regular braid, but it looks like a work of art!"

try: Goody Mary Elastics, \$1 for pack of 75, drugstores



divide

"Gather all your hair to one side. Apply a dab of texturizing wax to the length of your hair to give it some extra grip. Split the tail into two sections and keep them separated while braiding to maintain the shape."



cross

"Take a small section from the outside of one half and cross it over the front to the other side, adding it to this half. (The smaller the piece, the more intricate your braid will look!) Repeat on the other side with a same-size section of hair."



repeat

"Continue down the length of your hair all the way to the ends. Secure it with an elastic; leave some face-framing pieces out for texture."



try: Redken Rewind 06 Pliable Styling Paste, \$19, redken.com for salons

hide any zit!

BY bianca

“Instead of caking on foundation all over, I spot-conceal blemishes so my natural skin shines through on its own!”



CORRECT

"Cancel out redness with a greenish-tinted corrector (lower left in this palette). Tap it on the spot using your ring finger—it's weaker than your index, so the gentle touch won't irritate the blemish further."



COVER

"Find a creamy concealer that matches your skin tone. Apply it to the blemish with a small concealer brush, focusing on the darkest part of the spot, and then lightly fade it out to blend with the rest of your face."



SET

"Set the concealer with an oil-free face powder (lower right in this palette). Use a big fluffy brush and dust it on the spot. Swipe the remaining powder over the rest of your face to blend and remove extra shine."



try: Sonia Kashuk Hidden Agenda Concealer Palette, \$10, Target stores; Sonia Kashuk Kashuk Tools Synthetic Concealer Brush, \$10, Target stores

IT'S A BLUSH REVOLUTION!
NOW, A NEW BOUNCY TEXTURE
CREATES OUR FRESHEST FLUSH EVER.

new
**DREAM
Bouncy**
blush™

Now, blush has bounce! Formulated to be uniquely cushiony, our revolutionary gel formula is lightweight like a powder, yet melts into skin like a cream. For a sheer wash of bouncy-fresh color that lasts!

10 luminous shades.



Feel it!
Bounces like
no other blush!



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MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®

Emily is wearing New Dream Bouncy Blush™ in Fresh Pink. ©2012 Maybelline LLC.

get perfect waves!

BY *megan*

“When I’m bored with my hair, I always go for loose, effortless waves!”



curl

“Start with second-day hair. (The extra oil will give your waves pretty texture.) Take a 1-inch section of hair and clip the ends in the bottom of the curler. Twist up: The cage guides the hair around the barrel perfectly!”



brush

“Unwind and repeat until all your hair is curled. The key to natural-looking waves is gently loosening them up! Lightly run a wide-bristled brush through—it makes them look perfectly undone.”



try: Remington Curl Perfect Curling Iron, \$23, ULTA stores; Goody Jewel Shine Vent Brush in Purple, \$7, Target stores

ace liquid liner!

BY *caitlin*

“Liquid liner can intimidate even the most skilled makeup expert! But get the hang of it and you’ll be rocking winged eyes every chance you get.”

try: Urban Decay Travel Size Eyeshadow Primer Potion Eyeshadow Base in Eden, \$9, urbandecay.com; Pixi Beauty Endless Silky Eye Pen in BlackNoir, \$14, Target stores; Rimmel London Exaggerate Eye Liner in Black, \$6, drugstores



PRIME

“Apply an eyeshadow primer to your lids and along your lashlines. This will ‘matte out’ excess oil from the skin so your liner doesn’t run.”



LINE

“The trick to a precise liquid line is to draw it first with a pencil. A creamy pencil is easier to fix if you make mistakes.”



TRACE

“Once you have the right shape with pencil, draw over it with the liquid. Use one quick stroke and flick it up at the outer corner to wing it out.”

Meet our new Beauty Smartie, **CAITLIN!** Get to know her (and her awesome tips!) at seventeen.com/beautysmarties.



lasting color. vibrant sheen.
**MEET THE FIRST-EVER
10HR STAIN GLOSS.**

new
Super
Stay **10** **HR** Stain Gloss™

a whole new wear:

vibrant & shiny,
never flat

a whole new feel:

feels fresh all day,
never dry

a whole new application:

glides on wet & smooth,
never drags



Available in 10 long-lasting shades.

THE SECRET:

Unlike traditional lipstains,
our shine-enhancing
formula glides on for a
lightweight layer of color
that won't dry out.



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MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.

Julia is wearing New SUPER STAY 10HR Stain Gloss™ in Cool Coral. ©2012 Maybelline LLC.

fake flawless skin!

BY alexis

"My skin tone is naturally uneven, so I use a few tricks to get a perfect complexion!"



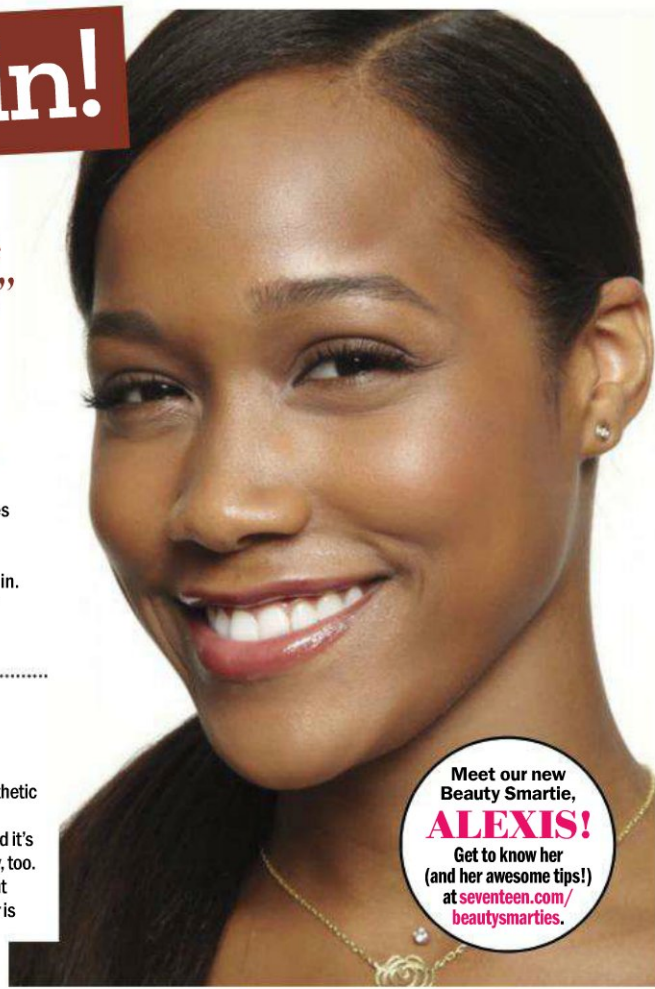
apply

"Find a foundation that matches your skin tone exactly, and dot a pea-size amount on your forehead, nose, cheeks, and chin. This makes it easier to get even coverage all over, rather than spreading out one big blob."

buff

"A stippling brush made with synthetic bristles won't soak up all your foundation like a sponge does and it's easy to wash so it's more sanitary, too. Softly buff out the color using light circular motions until all the color is softly blended into your skin."

try: L'Oréal Paris True Match Super-Blendable Makeup in Mahogany, \$11, drugstores; Sonia Kashuk Small Duo Fibre Multipurpose Brush, \$11, Target stores

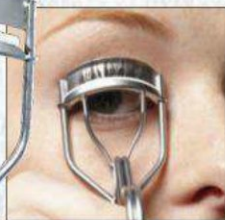


Meet our new Beauty Smartie, **ALEXIS!** Get to know her (and her awesome tips!) at seventeen.com/beautysmarties.

get curled lashes!

BY laura

"My straight blonde lashes always disappear, but a little curl and some mascara make my eyes really pop!"



CURL

"Start by lining up the eyelash curler as close to your lashline as possible. Holding it parallel to your face, clamp it down at the base of your lashes."

try: Sally Hansen Beauty Tools Flirty Eyes Classic Eyelash Curler, \$6, drugstores



BEND

"Continue to gently pulse the curler as you move it up the length of your lashes. Slowly flip the curler so that it's horizontal for a natural bend."



DEFINE

"A lash-curling mascara adds lift and definition. Hold the brush at the base of your lashes and blink through it several times to coat lashes from roots to tips."



try: Flirt! Cosmetics It Curl Lash Curling Mascara in Very Black, \$15, Kohl's



SEVENTEEN.COM

Watch the Beauty Smarties' exclusive how-to videos at seventeen.com/beautysmarties

make your lips last!

BY arden

"Bright lips are practically part of my personality, so I make sure they never fade!"



try: Maybelline New York Color Sensational Lipcolor in Fifth Avenue Fuchsia, \$8, drugstores; MAC Cosmetics Lip Pencil in More To Love, \$18, maccosmetics.com



Meet our new Beauty Smartie, **ARDEN!** Get to know her (and her awesome tips!) at seventeen.com/beautysmarties.

1
line

"Trace the outline of your mouth—start at the outer corner and follow the natural shape of your upper and lower lips. This will lock down the edges so your color doesn't bleed."

2
color

"A lip brush allows you to get perfect placement with the color. Load up your brush with lipstick and fill in your lips. Blot with a tissue to create a stain and then apply again."

3
define

"To get a super-sharp line, apply foundation to a makeup sponge and gently dot around the edge of your lips to really make them defined!"



create perfect brows!

BY christie

“Neat brows are my little secret: They frame your face and complete your look!”



SHAPE

"Clean up any stray hairs that fall outside of your natural brow shape. Tweeze them out in the direction of the hair growth to minimize irritation."



COMB

"Use a spoolie brush to comb hairs into place. Brush your brows up and out toward your hairline for the best shape."



INTENSIFY

"Find an eyebrow pencil that is the same color as your hair. Fill in your arch by using short, fast strokes to mimic the shape of real hairs."



HIGHLIGHT

"Apply a champagne shadow along your browbone below your arch. This will define your shape and add a touch of shimmer to draw attention to your brows."



Meet our new Beauty Smartie, **CHRISTIE!** Get to know her (and her awesome tips!) at seventeen.com/beautysmarties.

try: Japonesque Artisan Pink Giraffe Tweezers, \$20, amazon.com; Tarte EmphasEyes Amazonian Clay Waterproof Brow Pencil in Medium Brown and Taupe, \$20 each, Sephora stores; NYX Cosmetics Single Eyeshadow in My Favorite Color, \$5, nyxcosmetics.com



READER RAVES
2012!

the best *new*



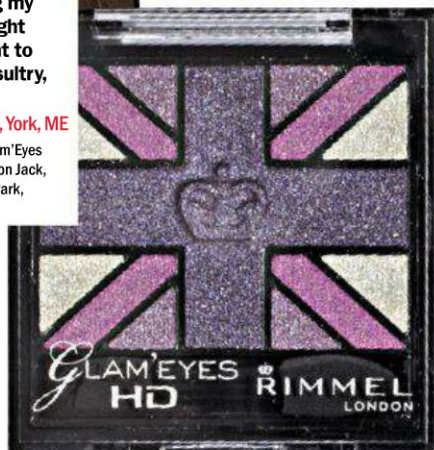
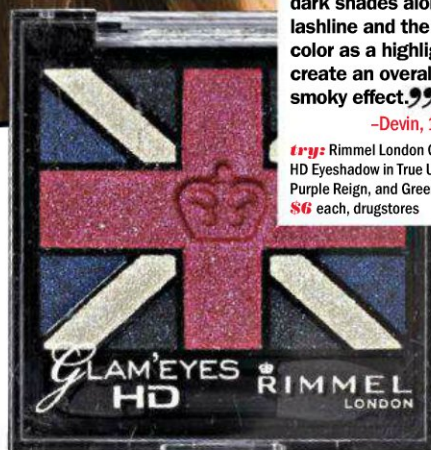
sophia, 19

union jack shadows

“These shadows are so awesome! I used the dark shades along my lashline and the light color as a highlight to create an overall sultry, smoky effect.”

—Devin, 19, York, ME

try: Rimmel London Glam'Eyes HD Eyeshadow in True Union Jack, Purple Reign, and Green Park, \$6 each, drugstores



glamazon polish

“My nails look like a glitzy disco ball! Just two coats is enough to give you intense color and lots of sparkle.”

—Emma, 20, Glen Rock, NJ

try: Sally Hansen Gem Crush Nail Color in Razzle Dazzler and Bling-Tastic, \$7 each, drugstores



major-length mascara

“I’m very picky about my mascara and this one passed the test! It coated every one of my lashes, creating little tubes that made them look crazy long.”

—Alyssa, 21, Philadelphia, PA

try: Maybelline New York Illegal Length Fiber Extensions Mascara in Very Black, \$9, drugstores

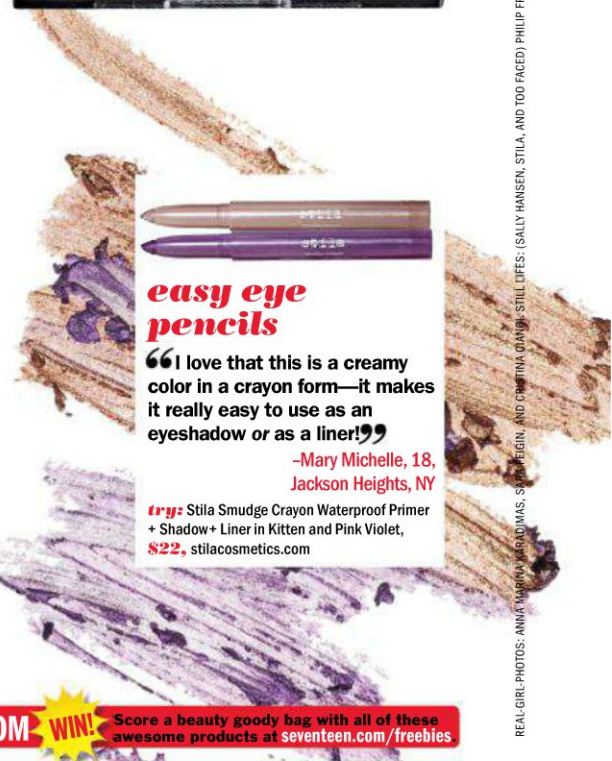


2-in-1 cheek tint

“This gave my complexion a gorgeous sunlit glow: It’s a rosy blush and a golden highlighter! Great for the colder months when my skin looks drab and pale.”

—Sarita, 19, Princeton, NJ

try: Tarte Maracuja Blush & Glow Brightening Luminizer and Cheek Tint in Candlelight, \$32, Sephora stores



easy eye pencils

“I love that this is a creamy color in a crayon form—it makes it really easy to use as an eyeshadow or as a liner!”

—Mary Michelle, 18, Jackson Heights, NY

try: Stila Smudge Crayon Waterproof Primer + Shadow+ Liner in Kitten and Pink Violet, \$22, stilacosmetics.com

makeup!

Hundreds of products hit the shelves in the spring—lucky for you, our panel of beauty-obsessed readers picked the best of the best! by molly ritterbeck

super-sheer lipstick

“These are so shiny, they are like lip gloss in a stick! All the shades are literally as soft as butter, *not* like your usual lipstick!”

—Rebecca, 23, Fort Myers, FL

try: Revlon ColorBurst Lip Butters in Cotton Candy, Raspberry Pie, and Lollipop, \$8 each, drugstores



flirty blush

“I love rosy cheeks so this is the blush for me! The pink, peach, and purple colors swirl together to create the perfect color for my fair skin. Plus, it smells so good!”

—Rachael, 15, Westminster, MD



try: Benefit Hervana Blush, \$28, Sephora stores

complexion perfector

“I’ll use this beauty balm instead of foundation—it’s like a tinted moisturizer with a little shimmer to make my skin glow. I never leave the house without sunscreen, so the SPF 20 is a huge bonus.”

—Amalia, 19, New York, NY

try: Too Faced Tinted Beauty Balm in Nude Glow, \$32, Sephora stores



bold liners

“I’m officially obsessed. I usually use liquid liner, but this crayon gives you the same dramatic effect without any hassle or dry time!”

—Chelse, 20, Fairmount, WV

try: Clinique Quickliner for Eyes Intense in Intense Charcoal, Intense Plum, Intense Ivy, and Intense Black, \$16 each, clinique.com



customizable lip color

“The coolest part is getting two shades in one so I can switch it up depending on my mood—the lighter color is perfect during the day, the darker one at night—or I can blend them to create a unique color combo!”

—Meghan, 19, Stamford, CT

try: CoverGirl BlastFlipstick Blendable Lip Duo in Stunner, \$9, drugstores

blastflipstick
blendable lip duo
duo lèvres effet modulable

7 DAYS of BEAUTY

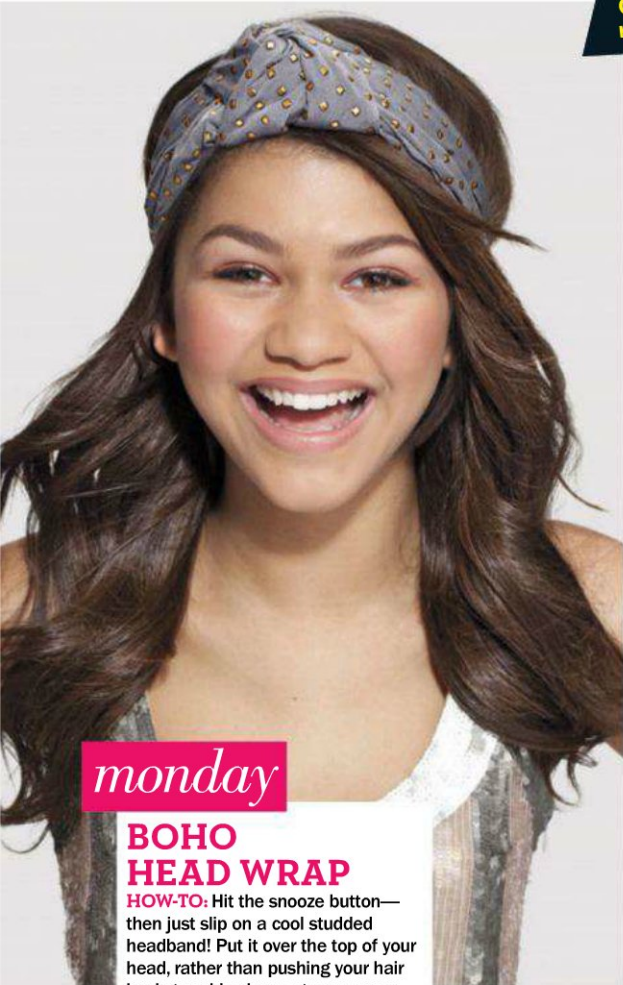
fun & *fresh* styles!

Sick of the same old look? **Zendaya**, star of Disney Channel's *Shake It Up!*, helps you shake up your winter hair routine. by meredith gray

SHE says

These looks give me so much inspiration to experiment with my hair. They put me in the mood to be a little more daring!

-ZENDAYA, 15

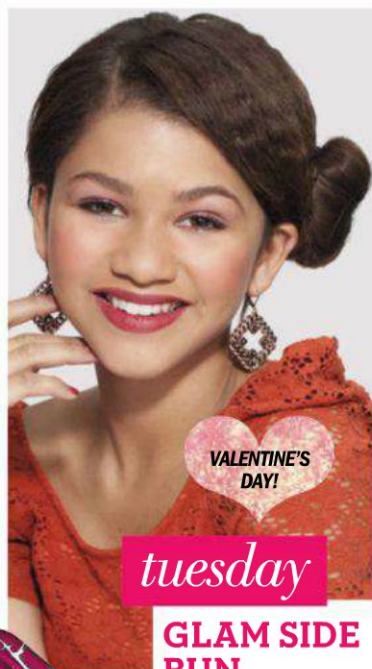


monday

BOHO HEAD WRAP

HOW-TO: Hit the snooze button—then just slip on a cool studded headband! Put it over the top of your head, rather than pushing your hair back, to add volume at your crown.

try: L. Erickson USA Studded Stretch Knot Turban, \$98, franceluxe.com

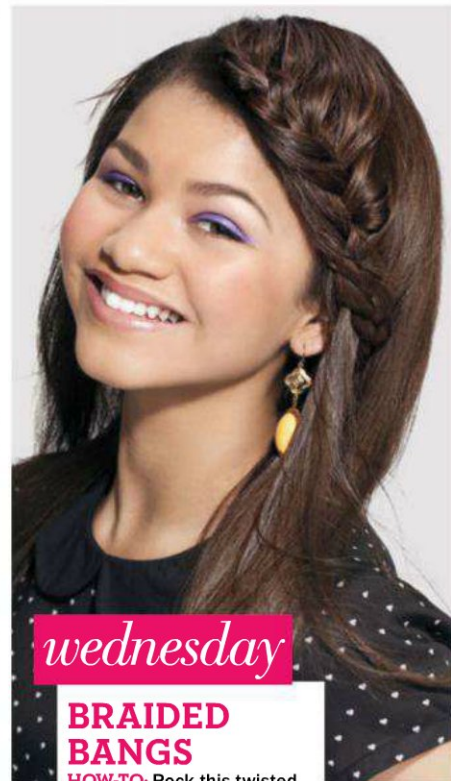


tuesday

GLAM SIDE BUN

HOW-TO: Give your look a dose of romance! Make a deep side part, and crimp hair from the scalp to just below the ears for texture. Then roll it into a side bun just behind your ear.

try: Remington Pretty Fierce Mini Crimper, \$15, Walmart stores



wednesday

BRAIDED BANGS

HOW-TO: Rock this twisted French braid when you want to look flirty. First apply a drop of straightening cream and blow-dry for shine. Then make a French braid along your hairline, bringing in pieces from along your part, to your ear. Pin the ends underneath a section of hair so they stay hidden.

try: Organix Moroccan Smooth Perfection Blow Out Cream, \$8, drugstores



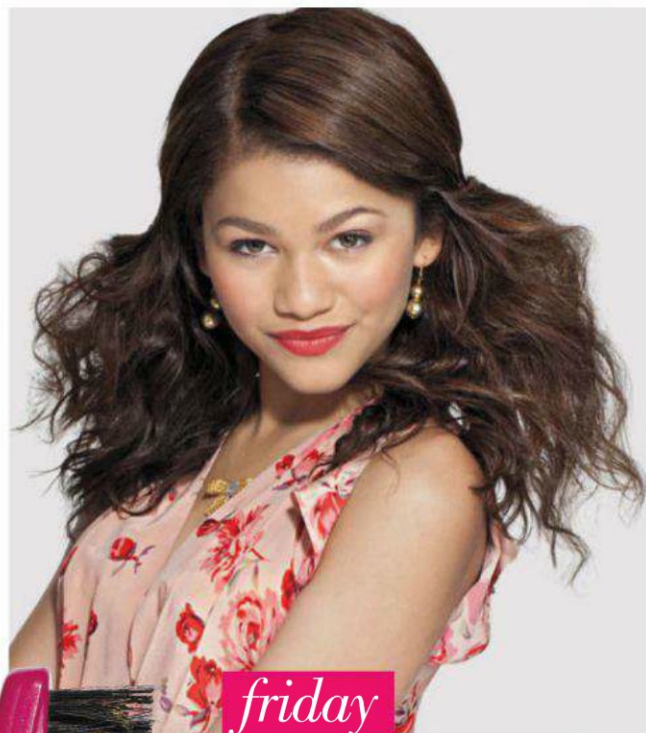


thursday

PINNED WAVES

HOW-TO: Feeling shy? Big, bouncy hair gives you an instant confidence boost! Mist a frizz-control spray all over damp hair, and blow-dry using a round brush. Add waves with a large-barrel curling iron. Gather one side of your hair in a small twist, and pin it back with a cute clip.

try: Living Proof No Frizz Wave Curl Styling Spray, \$15 for 1.7 oz., livingproof.com

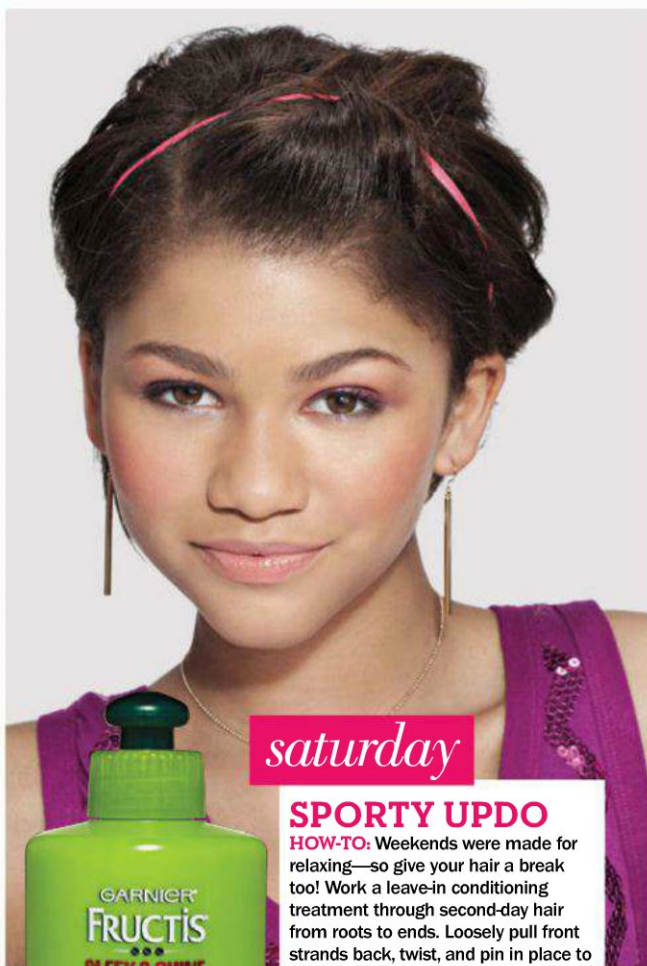


friday

MAJOR TEXTURE

HOW-TO: Make a fierce Friday statement! Apply a quarter-size amount of gel to damp hair and scrunch. Slick the top half down from the roots to the temples, and bobby-pin on both sides so it dries sleek. Then use a teasing brush to create tons of volume on the bottom.

try: Tresemmé Flawless Curls Spray Gel, \$5, drugstores; Cricket Amped Up Teasing Brush, \$6, folica.com



saturday

SPORTY UPDO

HOW-TO: Weekends were made for relaxing—so give your hair a break too! Work a leave-in conditioning treatment through second-day hair from roots to ends. Loosely pull front strands back, twist, and pin in place to create volume. Then toss your hair into a messy low bun. Top with a colorful skinny headband for extra oomph.

try: Garnier Fructis Style Sleek & Shine Intensely Smooth Leave-In Conditioning Cream, \$6, drugstores; Goody Slide-Proof Headwraps, \$5 for pack of six, Target stores



sunday

SLEEK PONY

HOW-TO: Yesterday's treatment is today's silky-soft pony! Part your hair to the side, and gather it all in an elastic at the nape of your neck. Spritz shine spray on top so it glistens from every angle.

try: Aussie Spray Gloss, \$3, drugstores



Zendaya's Disney Channel original movie, *Frenemies*, premieres on January 13, at 8:00 P.M. ET and new episodes of *Shake It Up!* air Sundays at 8:30 P.M. ET on Disney Channel.

MAIN PHOTOS: ANDREW STILES/SMASHBOX STUDIOS; FASHION STYLIST: BEAU QUILLIAN FOR CELESTINE AGENCY; HAIR: DAVEN FOR INDIQUE HAIR/CELESTINE AGENCY; MAKEUP: AMY MADINE FOR DIORADICAT AT STARWORKSARTISTS.COM; MANICURE: MICHELLE SAUNDERS FOR ESSIE/CELESTINE AGENCY; ON ZENDDA: (MONDAY) DRESS, LOVE LIFE BY HEIDI KLUW; (TUESDAY) DRESS, RACHEL GILBERT; (WEDNESDAY) TOP, H&M; EARRINGS, ALLISON DANIEL DESIGNS; (THURSDAY) TANK, BELDINI; BOW, FOREVER 21; (FRIDAY) DRESS, REBECCA TAYLOR; EARRINGS, URBANOG; NECKLACE, ALEXIS BITTAR; (SATURDAY) TANK, SPLENDID; EARRINGS, VENESSA ARZAGA; NECKLACE, GIRLPROPS; (SUNDAY) SWEATER, DKNY; EARRINGS, CIRCA SIXTY THREE; STILL LIVES: J MUCKALE/STUDIO D.

scents of attraction

You know you've got a dream guy—now find a fragrance that fits the fantasy. by meredith gray

IF YOUR *crush* IS...

Liam Hemsworth

RUGGED



beachy It's the ultimate dude fantasy to be on a tropical island with a beautiful girl. This exotic jasmine and rose scent will cast you in his dreams!
try: Island Michael Kors Very Bali Eau de Parfum Spray, \$65 for 1.7 oz., Macy's



floral It's like a romantic picnic in a fragrance—a fresh mix of gardenia, tuberose, and peony.
try: Cosmic Radiance Britney Spears Eau de Parfum Spray, \$40 for 1 oz., Kohl's



mellow He'll dig the earthy combo of patchouli and cedarwood. The mellow vibe will appeal to his chill side!
try: L'Eau de Chloé, \$65 for 1.7 oz., Bloomingdale's

Gabe Saporta

INDIE



juicy A burst of refreshing mandarin will grab his attention, but the lingering trail of lychee and vetiver is subtly cool.
try: Dolce & Gabbana The One Lace Edition Eau de Parfum, \$75 for 1.7 oz., department stores



sweet Perfect for a late-night party: This blend of berries, watermelon, and sugar will stand out in a crowd.
try: Vera Wang Princess Night Eau de Toilette Spray, \$60 for 1.7 oz., department stores



warm You'll imagine snuggling up in his favorite leather jacket with this rich honeysuckle and musk mix.
try: Christina Aguilera Royal Desire Eau de Parfum, \$47 for 1.6 oz., Kohl's

Drake

SMOOTH

yummy Bold notes of ginger, cacao, and coffee beans are the perfect blend of sugar and spice to melt this cool guy's suave exterior.
try: Rebelle by Rihanna Eau de Parfum Spray, \$49 for 1.7 oz., department stores



spicy Keep a player like him guessing: Pink pepper feels bold, but girly violet and amber are super-sweet.
try: Gucci Guilty Intense Eau de Parfum, \$87 for 1.7 oz., Saks Fifth Avenue



chic Rock a killer pair of heels with this combo of mimosa and Tahitian tiare flower—he won't be able to resist!
try: Nine West Love Fury Eau de Parfum, \$45 for 1.7 oz., Macy's

MEET on-the-go Girl... Mariana



Our resident Style Pro, Mariana, tells us how her job requires her to be a fashionista in order to keep girls like you in-the-know on the coolest trends. Read on for an exclusive sneak peek into a day in the life of this jet-setting trendspotter.

9:00 am

Mariana heads to work to style models in the studio—creating the fashion-forward looks you see in *Seventeen*'s promotional pages! She is constantly inspired by the stylish girls she sees on the streets of NYC.

12:00 pm

Mariana sneaks in a quick lunchtime workout. She alternates between running in Central Park and classes at the gym.

2:00 pm

This On-the-Go Girl heads off to a meeting to discuss ideas for her next project.

5:00 pm

Lucky her to get a cab at rush hour, she's on her way downtown for a designer's party. She bumps into her industry friends where they catch up on the hottest trends.

7:00 pm

Mariana always makes time for her girlfriends. She is off to Brooklyn to meet her girls at a restaurant in her new favorite place for people watching: Williamsburg.

10:00 pm

It's time to pack for an early flight to LA tomorrow for an event. She always brings basics and tons of accessories to take her look from day to night.

Like On-the-Go Girl Mariana, don't let anything slow you down... not even your period. Playtex® Sport® tampons have a unique 360°™ design and flexible fit that moves with you. That's a Sport Level Protection® tampon helping you to play on.

For a coupon, visit us at facebook.com/playtexsport



heath



It's *Glee*'s
Jenna
Ushkowitz!

**FASTER,
STRONGER,**

HOTTER

IN JUST 3 MONTHS!

For the next 12 weeks, you don't have to *think* about getting your dream body—you just have to do it! It's easy with the all-new **Team Seventeen** plan: You'll get a fun workout right here each month *and* daily motivation online. We're all in this together, so let's get started!



TARALYNN

LOST 50 LBS THE HEALTHY WAY

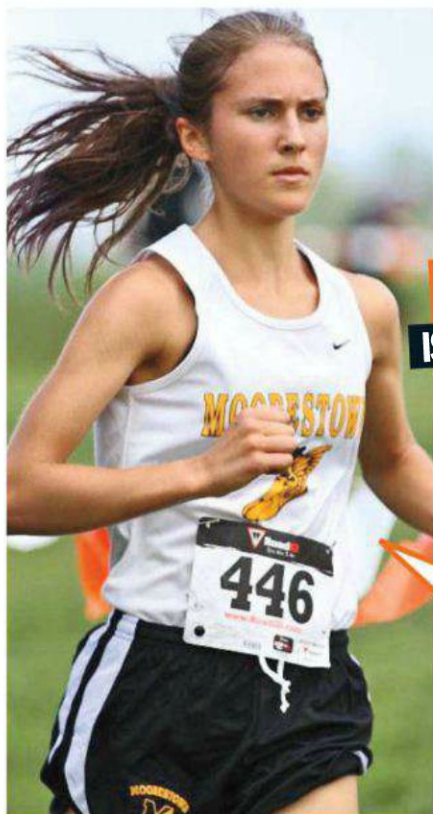
YOUR COACH FOR: making smart (but yummy) food choices.

"If you're starving and scarf down Oreos because they're the only thing around, don't obsess—just **pack an apple in your bag** to get you through those moments in the future!"

JENNA

IS TONING UP!

YOUR COACH FOR: getting leaner and stronger. (She's sharing her workout plan with you each month!)



JOIN TEAM seventeen!

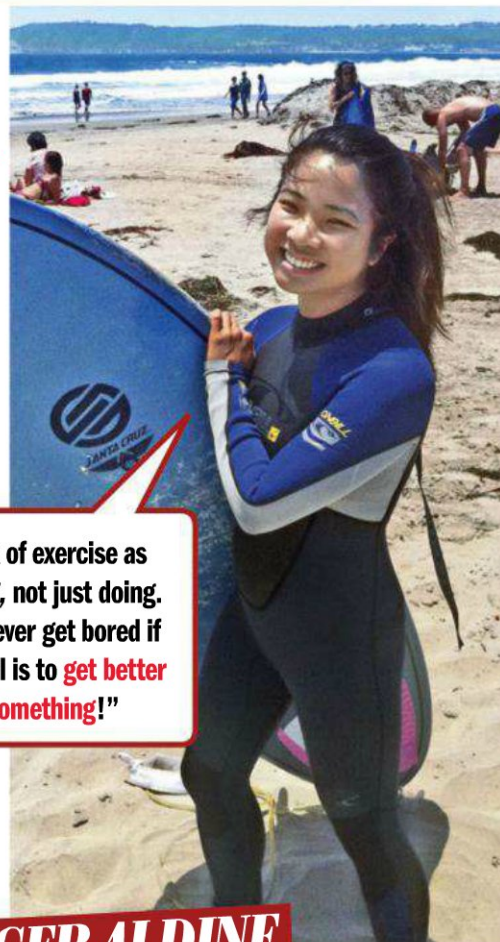
Meet your team captains, who will guide you every step of the way with their awesome advice.

TARA

IS A STAR RUNNER

YOUR COACH FOR: improving at your sport—and getting pumped to reach your goals!

"When you don't feel like working out, tell yourself: *I only have to do five minutes. Because once you're moving, it's never as hard as you thought it would be.*"



"Think of exercise as *learning*, not just doing. You'll never get bored if your goal is to **get better at something!**"

GERALDINE

MAKES WORKING OUT FUN

YOUR COACH FOR: fun cardio ideas and cool fitness gear. You'll never be bored again!

TRAINING STARTS NOW

AT SEVENTEEN.COM/TEAM17!

- ✓ Watch videos to help you master this month's moves.
- ✓ Get daily tips from your trainer and captains.
- ✓ Track your workouts and share them with friends.

super-moves that *trim* &

SUPERSET

1

PLIÉ SQUAT

TARGETS:
butt + thighs

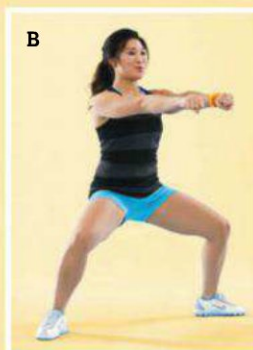
"If I can do this, anybody can! Sure, it sounds really good to sit on your couch, but **everything is better when you're exercising and eating right!** You have more energy and you even think more clearly."

—JENNA USHKOWITZ

A



B



a Stand with legs wider than shoulder-width apart and toes turned out.

b Squat down, keeping knees in line with toes, abs tight, and back straight. Push back up to start; repeat. Do 15.

PLANK ROW

A

TIP: The key here is to focus on moving only your arm. The rest of your body stays totally still!

B

a Begin in plank position (abs tight and body in a straight line from head to toe) with a 5-lb. weight in your right hand.

b Pull the weight up toward your chest, keeping your torso and legs still. Do 10 reps.

YOUR WEEKLY WORKOUT!

Start with cardio (running! jumping rope! swimming!), then do each superset three times before moving on to the next one.

SUNDAY: 15 minutes cardio + 3 sets of each superset

MONDAY: REST DAY!

TUESDAY: 15 minutes cardio + 3 sets of each superset

WEDNESDAY: REST DAY!

THURSDAY: 15 minutes cardio + 3 sets of each superset

FRIDAY: REST DAY!

SATURDAY: 15 minutes cardio + 3 sets of each superset

Track (and celebrate!) each workout at seventeen.com/team17.

SUPERSET

3

SPLIT SQUAT

TARGETS:
thighs + butt

B



a With hands on hips, stand about three feet in front of a bench or chair. Place your right foot on it.

b Slowly lower your body straight down so that left knee bends to 90°. Push back up to start. Do 10 reps on each leg.

TIP: As you push up to start, keep your weight on your left heel to target your butt.

A



WOODCHOP

A



B

TEAR OUT
HERE!

Customize this workout for you with training advice from Jenna's trainer, Adam Sprein, at seventeen.com/team17!



& tone

These combo exercises are like a one-two punch to get you killer results. (But they're easy enough for newbies too!)

TARGETS:
abs + back



SUPERSET
2

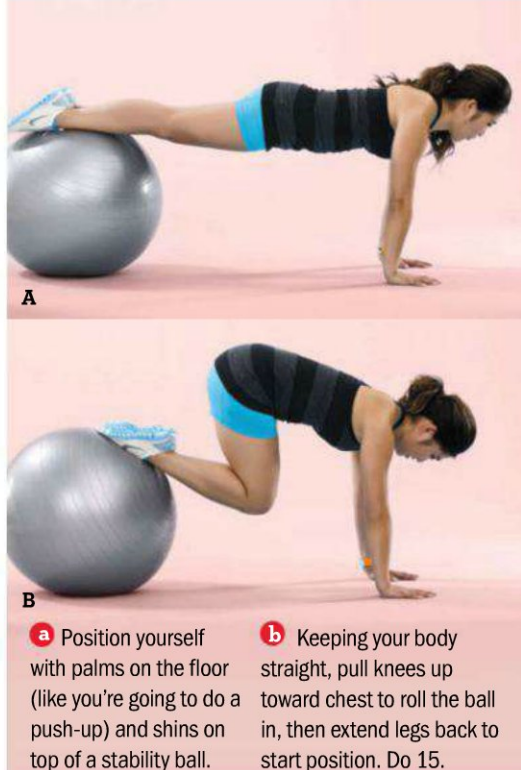
ONE-ARM PRESS

TARGETS:
abs + back



KNEE TUCK

TARGETS:
abs

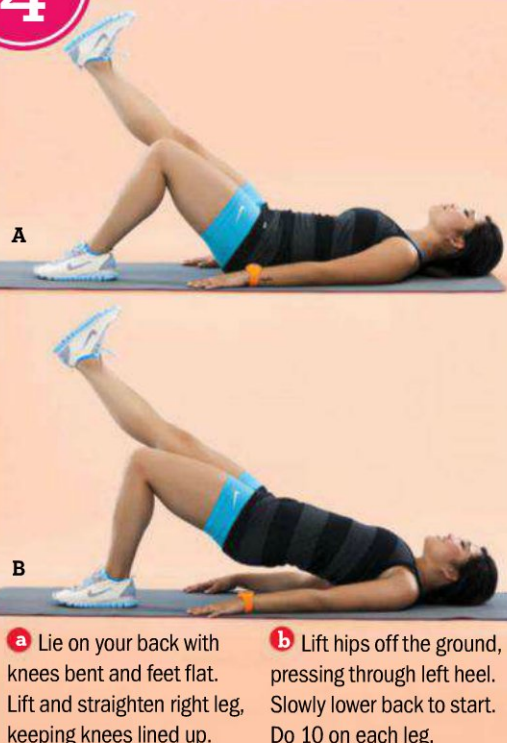


TARGETS:
shoulders + abs + legs

SUPERSET
4

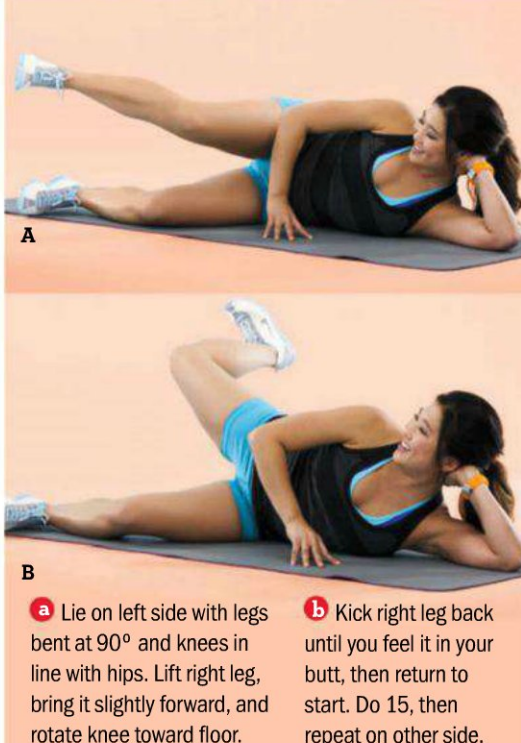
ONE-LEG HIP BRIDGE

TARGETS:
butt



SIDE MULE KICKS

TARGETS:
butt



WIN A BEACH TRIP
FROM TEAM SEVENTEEN!

Here is your ultimate get-fit motivation: You could win a Miami vacation for two, including a two-night stay at the National Hotel and round-trip tickets from American Airlines. (Worth \$1,800 total!) Go to seventeen.com/team17 to enter for your chance to win!

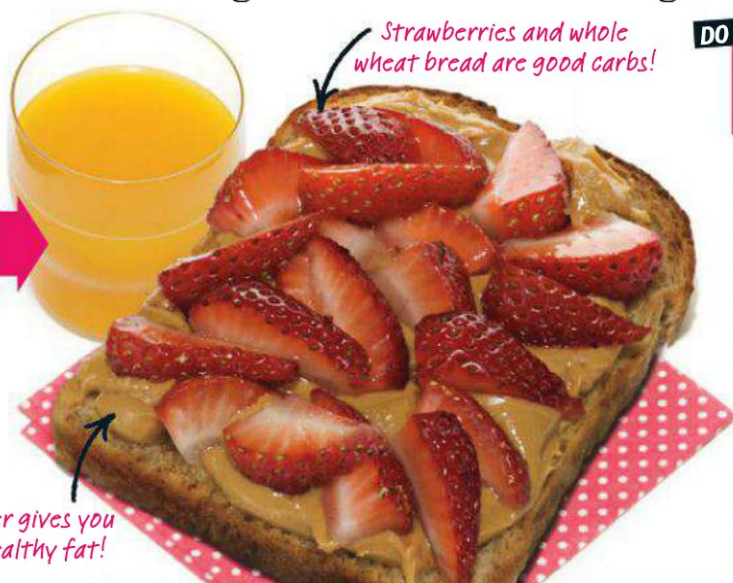
why *diets* are dumb!



There's a ton of bad info out there about how to be healthy. Here are the *real* secrets to eating better . . . without feeling cranky or deprived!

INSTEAD OF

**OBSESSING
OVER
CALORIE
COUNTS...**



Strawberries and whole wheat bread are good carbs!

Peanut butter gives you protein & healthy fat!

DO THIS!

USE A MENTAL CHECKLIST

Eating healthy isn't about the number of calories; it's about the nutrients that are in those calories. If your body doesn't get what it needs, you'll suffer *intense* cravings that send you scarfing down everything in sight later! So make sure every meal and snack has:

- ☒ **PROTEIN**, like in lean meats, beans, or dairy.
- ☒ **HEALTHY CARBS**, like in fruit, veggies, or whole grains.
- ☒ **HEALTHY FATS**, like in nuts, avocado, olive oil, or fish.

DO THIS!

EAT SMALLER PORTIONS

INSTEAD OF

**SWEARING
OFF "BAD"
FOODS...**

Sure, some foods are better for you than others. But when you totally quit chocolate or chicken fingers, you just want them *more*. Say you love french fries: Make them a side treat to a healthier main attraction, like a big salad. The fiber in the veggies will fill you up, so you'll be happy with just a *handful* of fries!



DO THIS!

EAT MORE

You may think it's smart to skip meals or snacks to save on calories, but if you deal with hunger as it happens (by eating every three or four hours), you'll eat *less* over the course of the day! It works as long as you treat snacks like tiny healthy meals—not as junk food breaks.

A good snack (like this mini Hawaiian pizza) is about half the size of lunch!

INSTEAD OF

**SKIPPING
MEALS...**



St. Ives®



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Your skin will love the fresh feel of new and improved St. Ives Lotions* with 100% natural, non-greasy moisturizers. Revel in long-lasting moisture that heals, seals and soothes even the driest skin, from head to toe. **St. Ives, with no unnecessary chemicals.**

NEW & IMPROVED*

*Skin Renewing, Daily Hydrating, and Intensive Relief have been upgraded with new and improved formulas and fragrances.





Love

SECRETS OF
**CRAZY-GREAT
FLIRTS!**

The winter blahs can put a freeze on your love life. These moves, from some of our flirtiest readers, are guaranteed to turn up the heat! **BY ELISA BENSON**

BEST. MOVES. EVER.

You don't have to try too hard or be totally fearless to be an awesome flirt. These cool girls share the easiest ways to get that extra edge of confidence!

JUST SAY HI!

"I used to be too shy to approach someone, so I started small: I'd just give a friendly smile and say, 'Hey.' When that's all you have to do, it's not intimidating—but he'll be psyched that you were brave enough to start a convo!"

—JONCI, 18, BELLEVUE, WA



use the perfect line!

“My go-to move is to introduce myself and say boldly, ‘You’re gorgeous!’ People don’t expect that confidence right way, so it’s a killer way to grab attention.”

—Terri, 21, Madison Heights, MI



CALL HIM OUT!

"I like to turn my flirting moves around and put them on the guy. Like I'll lightly touch his arm, then joke, 'If you want to hold my hand, just tell me!' Drawing attention to your flirting makes it clear that you're not shy, but it's also cute and playful."

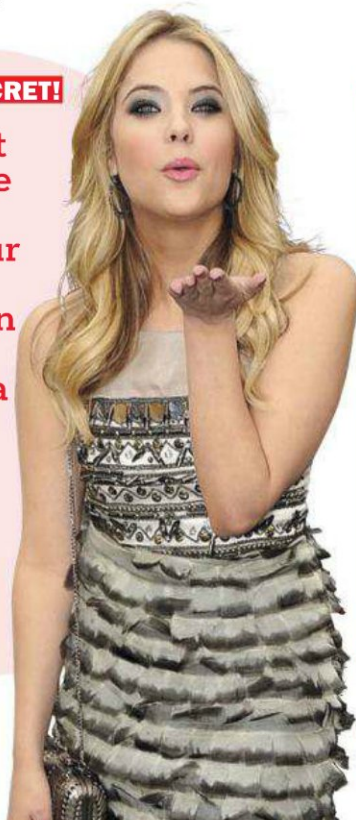
—CLEO, 19, GRAFTON, MA



CELEB SECRET!

“My best flirting tip is to be really funny and sarcastic with your crush. Don’t be afraid to make fun of him a little—it takes him down a notch but shows you’re paying attention at the same time!”

—ASHLEY BENSON



name-drop!

“One foolproof thing I’ve learned: Guys love the sound of their own name! So if I’m talking to a cutie and he says something funny, I might respond, ‘OMG, John, you’re so freaking silly!’ It’s a sneaky way to make him feel like you’re totally connecting!”

—Victoria, 19, Long Beach, CA



GAZE AND REPEAT!

"Make sure your guy catches you looking at him, then smile so he knows it wasn't an accident. I pull this move a few times so that when he gets up the guts to approach, he's sure I'm interested. You're drawing him to you, but barely doing a thing!"

—KATIE, 18, HENDERSON, NV



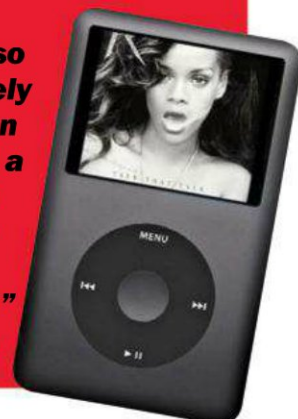
DUDE APPROVED!



"One time at a party, I was talking to this girl about music, and she pulled out her iPod to play a song for me—but it was so loud I could barely hear. That's when

she suggested we move to a quieter spot. We ended up talking one-on-one for the rest of the night. It was a great way to get me alone!"

—TONY, 21, PHILADELPHIA, PA



WITH MY PASSION
FOR FASHION
I WILL CREATE _____.



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EARN A FASHION
SCHOLARSHIP

IN FASHION DESIGN OR FASHION MANAGEMENT

You could earn up to a half-tuition scholarship to enroll in a fashion program at an Art Institutes school, plus a VIP trip to New York City, including:

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A \$500 gift card to shop anywhere in the Big Apple



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See aiprogams.info for program duration, tuition, fees, and other costs, median debt, federal salary data, alumni success, and other important info. The Art Institutes is a system of over 45 schools across North America. Programs, credential levels, technology, and scheduling options vary by school, and employment opportunities are not guaranteed. Financial aid is available to those who qualify. A range of online course opportunities is available at select schools. Several institutions included in The Art Institutes system are campuses of South University. Administrative office: 210 Sixth Avenue, 33rd Floor, Pittsburgh, PA 15222 ©2011 The Art Institutes International LLC. 2748 10/11

2012 HOT GUY PANEL CALENDAR

CRAIG, 20

"Nothing is hotter than a girl who speaks up in class. It's sexy when she makes it clear that I have something to learn from her!"

seventeen.com/craig

MAIN PHOTO: J. RYAN ROBERTS/STUDIO D. FASHION STYLIST: RYAN TRISTAN JIN. GROOMING: BEN THIGSEN FOR ARTISTSBYTIMOTHYPRIANO.COM. ON CRAIG: SHIRT, SUPERDRY; SHORTS, AG JEANS; TRUNKS, 2XIST; WATCH, NEFF.

366
~~365~~ DAYS OF
HOTNESS

Ten smoking hot dudes are giving you love advice all leap-year long! Start crushing now, then go to seventeen.com/hotguypanel to ask your burning Qs. The HGP will answer them every day this month!

← **RIP IT OUT AND HANG IT UP!**

KENDALL, 19

"I like girls who don't like 'regular' dates. If you're up for laying out a blanket in the sand and having dinner on the beach—great!"

seventeen.com/kendall

JANUARY

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JULY

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MAC, 21

"When a girl picks up the phone and calls me instead of sending a text, whoa! I get butterflies just seeing her name on my phone."

seventeen.com/mac

JOHN, 17

"I'm a sucker for any girl in an Instagram photo. A cool filter catches my eye and makes you look sexy!"

seventeen.com/john

MORGAN, 16

"I love when a girl plays with my hair."

seventeen.com/morgan

MAT, 19

"I want a girl who"



I want a girl who could spend all day caught up in a book—and be the first one to dance at a party.”

seventeen.com/nat

ALEX, 20

“My dream girl likes nerdy guys as much as I like video games—which is a lot! Ha!”

seventeen.com/alex

She’s complaining something that makes me unique.”

seventeen.com/morgan

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CODY, 18

“I’m always on the road with my band—and I’m looking for a girl who’ll be there for me when I get back.”

seventeen.com/cody

HECTOR, 18

“When I’m texting with a girl and she gives me the small-c smiley, I know I’m doing something right!”

seventeen.com/hector

JUSTUS, 18

“I once made out with two girls—at the same time! I’m definitely not looking for a girlfriend . . . but I love to flirt!”

seventeen.com/justus

PHOTOS OF JUSTUS: HECTOR, AND CODY: CHRIS ECKERT/STUDIO D; FASHION STYLIST: RYAN TRISTAN JIN. GROOMING: RYAN TRISTAN JIN. GROOMING: BEN THIGPEN FOR ARTISTSBYTIMO HYPRINO.COM. REPORTING: MICHELE KOURY. ON KENDALL: JACKET, BLUE MARLIN; SHIRT, SUPERDRY; PANTS, PLECTRUM BY BEN SHERMAN; TIE, PIERRE PONT; RICKS; WATCH, PHOSPHOR; BELT, J. FOLD. ON JOHN: JACKET, LACOSTE; HENLEY AND PANTS, SHADES OF GREY BY MICHAEL COHEN; BEAD BRACELET, ETIKA; CHAIN BRACELET, BIG BANG JEWELRY. ON MAC: SHIRT, JACK SPADE; HENLEY, SHADES OF GREY BY MICHAEL COHEN; JEANS, HUDSON. ON MAT: SHIRT, RETN SPOONER; JEANS, HODOR AL MARINI; BRACELETS, MARSH BY MICHAEL SAGER. ON ALEX: SHIRT, MACKENZIE; JEANS, T FOR JANE HOMME; TIE, PLAIN JANE HOMME; TEE, PLAIN JANE HOMME; HAT AND WATCH, NEFF; NECKLACES, HIS OWN. ON CODY: TANK, VAN DYKE; JEANS, COMBINE; SNEAK NECKLACE, ANNIAN EXCHANGE; BEAD NECKLACE, ETIKA; BRACELET, AMERICAN EAGLE OUTFITTERS.

are your *texts* :) or :(?

Are you sending your crush the wrong message—literally?!? by elisa benzon

Read my
lips.

START HERE:

Check the statements that sound most like your flirtexting moves.

- ☐ You respond to texts **automatically**—dashing off “lmfao!” without thinking twice about it.
- ☐ When you’re texting someone you like, you **play it cool**—no overdosing on the exclamation points!
- ☐ You’re constantly adding a **flirty wink** to your messages. You need it to make your point! ;)
- ☐ Whenever you have that awkward moment when you’re **not sure what a text means**, you just write back, “Ha!”
- ☐ One of your **flirtexting tricks** is to disappear mid-convo to leave the other person wanting more.
- ☐ You’re not textclusive. You’re always **talking to multiple hotties** at one time!
- ☐ You’ve thought about “accidentally” sending your crush a **text for someone else**, just to break the ice.
- ☐ Sometimes you show texts to friends to **get input** on what your crush really means, or how you should respond.
- ☐ You love to send **picture texts** to your crush when you see something funny.
- ☐ The best way to get to know a person is by playing text games, **like 20 questions**.
- ☐ When you **trade numbers** with cuties you’re into, you definitely wait for them to text you first.
- ☐ If someone **stopped texting** you suddenly, it doesn’t bug you—you make a point not to read into that stuff.

(mostly hot pink)



you're not connecting!

You're a drama-free texter—you never freak out wondering what to say. But sometimes you dash off messages so fast that they sound impersonal. Next time, take the extra three seconds to think of a witty reply or a fun question. A super-interesting message is the best way to keep your crush coming back for more!

(mostly orange)



you're overthinking it!

You think carefully about getting every text exactly right—but obsessing too much about what you say makes the whole thing feel fake. Next time your crush sends you a message, type out the first thing that pops into your head (no filter!) and hit send. Flirting is more fun when you don't hold back!

(mostly pink)



you're a textpert!

You love to send super-provocative texts. It keeps things exciting! Just remember that all the flirtexts in the world won't lead to anything unless you channel that bravery IRL. Make the next text you send: “So when are we hanging out?” Your crush's :) will look so much cuter in person!

checkitout!

SWEEPSTAKES • EVENTS • PROMOTIONS

COVERGIRL's Master Class Contest Winner

Meet contest winner Shelby from South Dakota! Shelby mastered COVERGIRL's Beautifully Bold look for Back-to-School. Get this must-have look featuring intense long-lasting eye color with NE COVERGIRL Intense ShadowBlast and a soft pout using COVERGIRL NatureLuxe Gloss Balm.

Visit covergirl.com for more information.



COVERGIRL®

La Femme

Want your own red carpet moment at this year's Prom? Look no further than La Femme! Find their unique and elegant formal dresses in-store and online at lafemmefashion.com.

We're giving the first 500 readers the chance to score a FREE custom La Femme nail polish (perfect for your Prom manicure!) when you make a qualifying La Femme purchase of \$250 or more.

Send your name, address, phone number, date of birth, and proof of purchase to: La Femme Gift, *Seventeen* Magazine—Promotions, 300 W. 57th St., 17th Floor, NY, NY 10019. Offer good while supplies last.



La Femme

LA FEMME GIFT—WITH PURCHASE. Sponsored by Hearst Communications, Inc. Original receipts must be dated between 1/3/12 and 4/16/12. Receipts will not be returned. 500 gifts available while supplies last. ARV: \$5. As soon as Sponsor has received the last eligible entry, Sponsor will post a notice on seventeen.com/checkitout. Sponsor's order of receipt of entries is final. Must be female, 15-19 years of age, and a legal resident of the 50 United States, District of Columbia, and Puerto Rico. Void where prohibited by law. Limit one entry per person.

Get into the Groove for Prom 2012 with David's Bridal!

Must-have prom styles starting at \$99, in sizes 0-24! Check us out online to shop the complete collection, get the latest tips and trends, and enter for a chance to WIN YOUR PROM DRESS*, all at davidsprom.com.



DAVID'S BRIDAL
DAVIDSPROM.COM

*See official rules at davidsprom.com.

Double-Duty Beauty

Congratulations to Elisabeth of North Carolina for winning the Orajel® Double-Duty Beauty Contest! She tells us how her favorite beauty product helps her look great in more ways than one.

"When I'm really crunched for time, I use my mascara to double as eyeliner—just brush the wand above and below your eyes and smear with your finger. Works like magic!"

Thanks for the great advice, Elisabeth! Did you know Orajel® Cold Sore Relief & Concealer has a double-duty beauty benefit as well? It helps to speed healing while it conceals: The unique green-tinted formula instantly relieves pain, reduces redness and moisturizes skin to help minimize appearance of sores—a true double-duty beauty tool.

Visit orajel.com for a money-saving coupon.



Seventeen Style Pros on YouTube

Check out the latest videos from the *Seventeen* Style Pros on our newly-launched YouTube page. Visit youtube.com/17stylepros!



Flirt Alert with maurices!

Whether you are having a romantic dinner or a low-key night out with your BF, maurices has everything to get you head-to-toe ready for Valentine's Day. Give him a hint with this adorable striped tee (\$26) available at select stores and online at maurices.com!



There is a promotional agreement in place between maurices and Seventeen.

Enter for a chance to be featured in Seventeen!

Seventeen and *Above the Influence* want to see your unwasted weekend style! Experiment with the basics in your closet to create your own signature look. Snap a quick photo wearing the outfit that best expresses who you are and upload the photo on seventeen.com/weekendstyle for a chance to win the Ultimate Weekend Style Challenge prize package complete with trip to NYC, a photo shoot, and a feature in the Unwasted Weekend advertorial promotion that will appear in the June/July 2012 issue of *Seventeen*! Plus, the grand prize winner will receive a tour of the *Seventeen* offices!

10 runners-up will receive a copy of the *Seventeen Ultimate Guide to Style*, our new book with advice from our editors, style experts, and celebrity fashion icons, and a chance to be featured in the June/July 2012 issue of *Seventeen*.



NO PURCHASE NECESSARY TO ENTER OR WIN. The ONDCP Above the Influence (ATI) Ultimate Weekend Style Challenge Contest Sponsored by Hearst Communications, Inc. Contest begins at 12:01 AM ET November 15, 2011 and ends at 11:59 PM ET February 7, 2012. Must be 13-17 years old, and a legal resident of the 50 United States, Puerto Rico, or District of Columbia. Void where prohibited by law. One (1) grand prize winner will receive a 3-night trip with one (1) guest to New York City, a photo shoot, a tour of the *Seventeen* offices, and will be featured in an Above the Influence advertorial promotion in the June/July 2012 issue of *Seventeen*. Total ARV: \$3,355.00. Ten (10) runners-up will receive a copy of the *Seventeen Ultimate Guide to Style* and the chance to be featured in an Above the Influence advertorial promotion in the June/July 2012 issue of *Seventeen*. Total ARV: \$19.95 per prize. Contest is subject to complete official rules available at seventeen.com/weekendstyle.



Life

“occupy wall street changed my life!”

When Amina, 17, had her childhood home foreclosed on, she was devastated. Now, joining the movement has given her a way to fight for her rights. as told to rebecca webber

200 Are Arrested As Protesters Clash With the Police



strength in numbers!
Occupy Wall Street has drawn more than 10,000 protesters.

I was sound asleep in my tent one night in New York's Zuccotti Park this past November when a friend burst in around 1 A.M. "We're going to be raided!" he said, panicked. We jumped up, my heart racing, and threw things in a backpack: clothes, my wallet, my journal. I tucked my phone and \$86 of babysitting money into my bra.

For almost two months, I'd been camped out in the park as part of the Occupy Wall Street movement, and now police in riot gear were ordering us out. I joined about 150 others who refused to go—some of us chained ourselves to trees. We were arrested one by one. The cops bound my wrists so tight with zip ties, I couldn't feel my hands, and then they pushed us down on the street and left us lying there for an hour. It was hours before they took us to the police station.

I had been arrested and let go twice before as part of the protests, but this time we had to stay in jail for two nights. When I was *finally* freed, I was exhausted, but I felt like we'd made history! They could take away my home, but they couldn't take away our movement.

why i occupied

When I first heard about Occupy Wall Street on the news in early October, I was curious. I had been living in New York for a three-week drama program and was trying to figure out my next step. I wanted to learn exactly what people were protesting, so I decided to check it out with my friend Messiah. At Zuccotti Park, people were debating all kinds of issues, like college debt and the housing crisis. I could relate—I couldn't afford college, and I don't want to spend my whole life paying student loans. Plus, in 2008, my family home was foreclosed on. I remember crying as we sold off our possessions—my bed, even our car. I'd felt totally lost. So initially when I heard people were protesting against the banks' bad loans

and corporate greed, I was like, Whoa, this is my fight!

getting organized

Messiah and I spent the first night sleeping on a piece of cardboard. We felt so connected to the people—we were so happy we decided to join the movement.

We went to teach-ins—like one where a former Wall Street worker gave us the inside scoop on a banker's life. Another time, we learned about how to protest without getting violent. The instructors suggested we form "affinity

"I felt like we made history!"

groups," people who support your interests and watch out for you. Messiah and I joined up with Sade and Zakiya, who were like older sisters to us. Sticking with each other in the park made it feel like we could do pretty much anything together.

After a few weeks in the park, I got arrested for the first time. We were demonstrating peacefully against "Stop and Frisk"—which means police can stop anyone they think is suspicious. About 30 of us were taken in to the station for disorderly conduct after the police had asked us to leave and we wouldn't. We were put in cells where we passed the time by singing songs like "Lean on Me," "Stand by Me," and "(Sittin' On) the Dock of the Bay."

The second time I was arrested while protesting, I was locked in a filthy cell with crap overflowing from the toilet and cockroaches swarming on the floor and ceiling. I was totally disgusted. I stood on a bench for almost nine hours because I didn't want to touch anything in the cell.

But later that night, I was released and back in Zuccotti. Over the next month, I stuck to my routine. While helping the group plan sit-ins or marches, I picked up trash and washed dishes in the kitchen tent, where we were served three meals a day (eggs or cereal for breakfast; soup, pasta, and salad for lunch and dinner). Sometimes we'd use the bathrooms at local businesses—the staff at McDonald's was really sweet.

As news got out about our efforts, the happier I was to be there. People were waking up to our point of view that everyone deserves access to basic needs like food, shelter, clothing, and education. And there's power in numbers—if we band together, we can start fixing these problems one at a time.

the next step

After the November raid, we were no longer able to stay overnight in Zuccotti, so I headed back to California to visit my mom, who has been an activist since the '60s and '70s. She tells me that she's really proud of me and calls me her warrior, though I know she worries about my safety.

I'm still super-passionate about a performing-arts career, but I'm okay with taking a break from it while I focus on activism. It feels amazing to stand up for what I believe in—I used to be hurt and confused about what my family went through, but now I know that I'm helping bring about real change. My hope is that everyone will join the fight. Having ideals is a great start, but you have to actually act on them to make a difference. **17**

EASY MONEY

make \$400
by spring break!

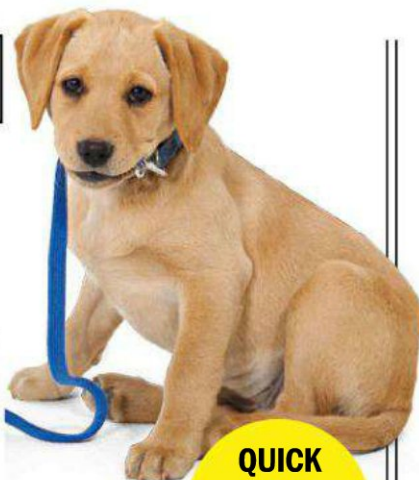
In just four weeks, you can make enough cash for a fantasy beach vacay! by catey hill

week 1

PERSONAL assistant

In this economy, adults are working harder than ever—and they'll pay you to help with crucial chores like walking their dogs. Put up flyers, offer to lend a hand to neighbors, or find personal assistant jobs at agentanything.com. (You need a college e-mail address for this one!)

THE MATH: \$10 PER HOUR FOR 10 HOURS OF WORK (2 HOURS A DAY AFTER SCHOOL)



QUICK CASH: \$100

week 3

SOCIAL-MEDIA consultant

Updating your news feed may be as easy as breathing, but some adults can't tell a Tweet from a Like. Small companies will pay you to help launch a blog, run a Twitter or Facebook account, or post videos on YouTube. Advertise your services on Craigslist or cold-call local businesses by just walking in!

QUICK CASH: \$120

THE MATH: \$15 PER HOUR FOR 8 HOURS (JUST ONE SATURDAY!)



week 2

BRACELET weaver

Love these bright bands? They're easy to make—a simple one takes just a half hour. (Get instructions at seventeen.com/DIY). Pile them on to advertise around school, then charge \$5 a pop.

QUICK CASH: \$80

THE MATH: PICK UP MATERIALS FOR \$10 AND SELL 18 (YOU CAN POLISH THEM OFF IN A WEEKEND!)



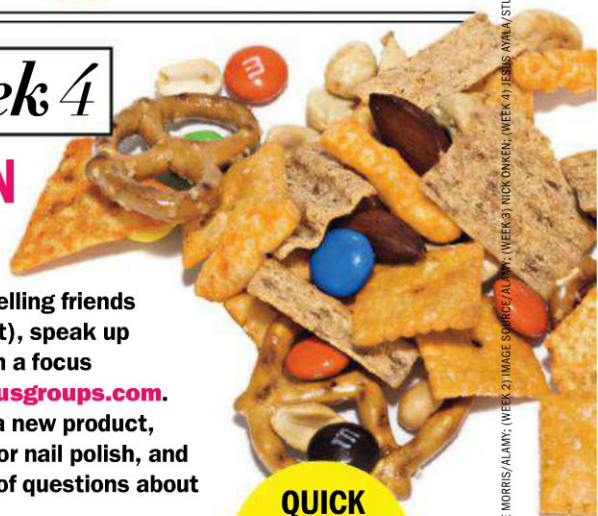
week 4

OPINION giver

If you're always telling friends what's hot (or not), speak up and get paid! Join a focus group at findfocusgroups.com. They'll send you a new product, like a snack mix or nail polish, and ask you a bunch of questions about it. It's that easy!

THE MATH: \$50–\$300 FOR 3 TO 8 HOURS OF YOUR TIME.

QUICK CASH: \$100



financial freedom!

Don't save only for spring break—use these tips to earn extra money year-round.



the **GIRL'S GUIDE** to...

pulling an *all-nighter!*

Still have *hours* of cramming left for a big test? Channel your inner rock star to make a sleepless night a success. **by Hayley Williams**

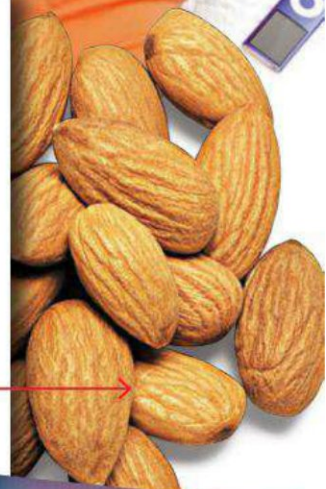
break time!
Perk up with one of Hayley's favorite tunes: New Found Glory's "Caught in the Act."



No one really wants to stay up all night! I love to bury myself under a minimum of five pillows for a solid nine hours when I get the chance. But sometimes an all-nighter is crucial. Whether you're writing a paper or your band is driving from Florida to Jersey to get to the next show, here are a few tricks I've learned to make it a little less painful. My rules:

- **Eat a snack** but don't make it a bag of chips. The last thing you want to be is bloated at 3 A.M. Go for almonds, a banana, or any other healthy stuff. The key is *natural* energy!
- **Make a playlist!** You'll need a soundtrack to keep the sleep-inducing silence at bay while you're working the night away. Mix it up with upbeat songs that won't distract you from your work, and throw a headbanger in there for good measure. Check out M83's new album—perfect for almost any occasion!
- Whatever you do, **don't stop to "rest your eyes."** We all know what you're *really* doing. . .
- If you start to feel extra-drowsy, **wake up your body** with some push-ups, squats (my fave), or jumping jacks to keep your blood pumping.
- When you take your first break, **shower** and pick out your clothes. You need to prep for the dreaded crash—when you wake up and have like five minutes to get ready. (I know this all too well!)
- Use **Clear Eyes** for dry, red eyes. (The commercials don't lie.) As long as your eyes aren't burning, you can tell yourself that you aren't missing out on your usual eight hours.
- And finally, it's show time! **Grab a coffee** or a green tea, get in your car, and blast a Paramore record on the way to school. You've got this!

para-more!
Hayley and the band are recording their next album, due later this year.



MAIN PHOTO: KARL JUENGLER/STUDIO D. (MODEL USED FOR ILLUSTRATIVE PURPOSES ONLY.) WILLIAMS PHOTOS: (MAIN) TIM MOSENFELDER/BETTY; (INSERT) GETTY IMAGES. STILL LIVES: (ALMONDS) GETTY IMAGES; (EYE DROPS AND PEPPERMINT SOAP) COURTESY OF COMPANIES; (COFFEE) TIM HAWLEY/GETTY IMAGES.

get *killer* confidence!

by Shay Mitchell

On *Pretty Little Liars*, Shay's character has a laser focus on getting what she wants. Turns out, Shay is that way in real life, too!

The first step toward making your dream a reality is to see yourself where you want to be and to never stop moving toward it—ever!

Having confidence is so important, because without it,

you are much more vulnerable to personal doubt and the negativity of others.

My mantra is live in the moment.

Shay's BFF, Ashley Benson, tweeted this LOL pic from the *Pretty Little Liars* set.

Whenever I get discouraged, music always cheers me up.



My #1 confidence trick is to create an inspiration board. Mine has places I want to visit, quotes I love, and pictures of things I want to have in the future. It helps me stay focused.

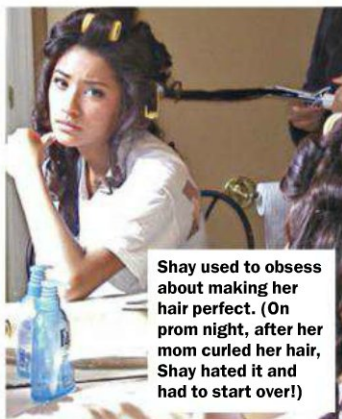
“Independence is key! You have to be comfortable on your own to know you'll be okay in the end.”

I feel my best when I wear my nightgown because it's feminine and comfortable.

The best way to get what you want is to pursue it with a plan and lots of determination.

If I could tell my 17-year-old self one thing, it would be to stop trying to

change in an effort to fit in or conform to peer pressure.



the hottest campus *hookups!*

seventeen's
FRESHMAN
15



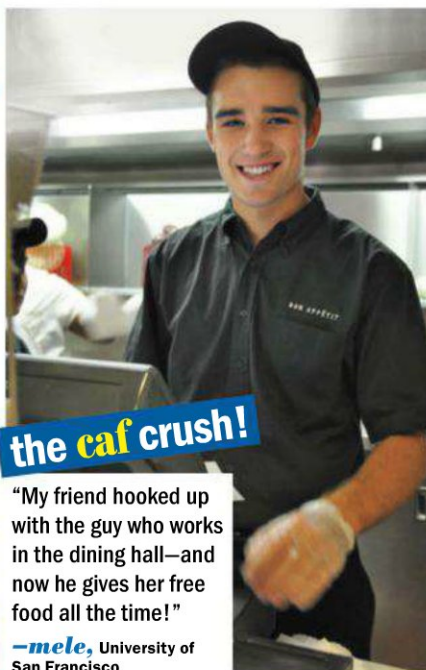
your **cute** classmate!

"It's easy to start talking to the guy who sits next to you—and if things go downhill, there are new classes every 10 weeks!"

—**brinton**, University of California, Davis

Brinton's archaeology class is way less boring if she's sitting next to Mike!

In college, you can date *anyone*—so don't waste a second on the losers!



the **caf** crush!

"My friend hooked up with the guy who works in the dining hall—and now he gives her free food all the time!"

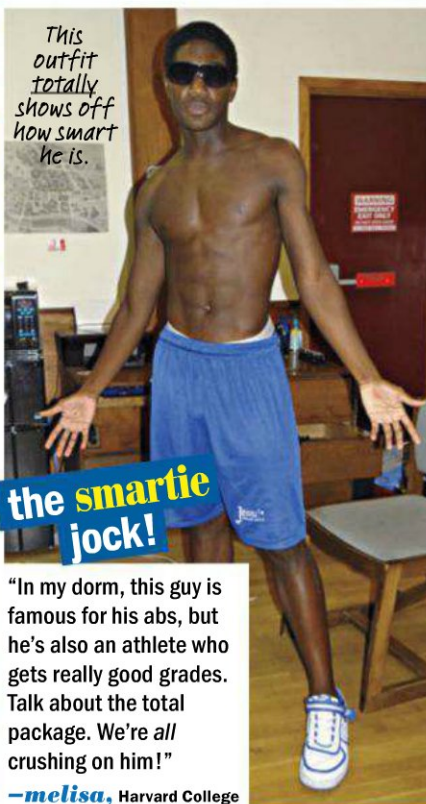
—**mele**, University of San Francisco



your roommate's **friend!**

"I met Angelo through my roommate. If a guy is dropping by your room to see you all the time, it's better if your roommate likes him instead of being completely annoyed!"

—**jenna**, American University



This outfit totally shows off how smart he is.

the **library** hottie!

"People stake out the same spot every time, so you can make eye contact with a cute guy again and again. My friend met her boyfriend that way!"

—**yolis**, Texas State University

Suddenly Yolis is spending a lot more time hitting the books.

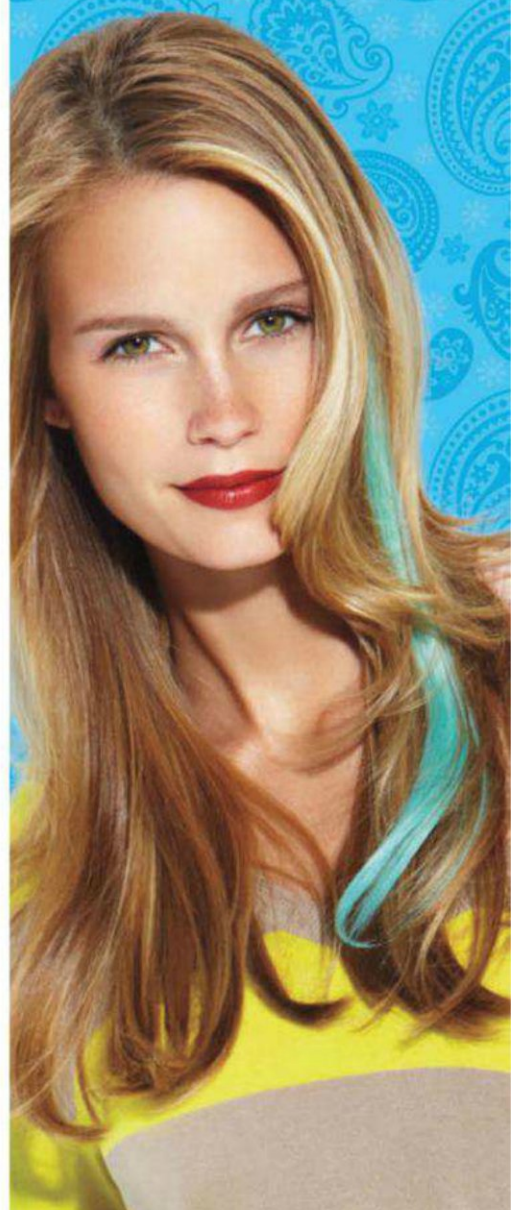
the **smartie** jock!

"In my dorm, this guy is famous for his abs, but he's also an athlete who gets really good grades. Talk about the total package. We're all crushing on him!"

—**melisa**, Harvard College

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LISTEN UP!

seventeen's

ULTIMATE GUIDE TO MUSIC

**Make sure your iPod is charged—
with so much amazing
new music in 2012,
you're going to need as much
battery life as you can get!**

BY KAITLIN MENZA

**GET FREE
MUSIC!**

Look for this burst, and
then download these
songs for free at
[seventeen.com/
musicguide!](http://seventeen.com/musicguide!)

FREE!

**"I WANT
PEOPLE TO
ACKNOWLEDGE
MY ART
AND WHAT I DO."**

—willow smith

WILLOW'S WORLD

This girl is setting the world on fire with her hit "Fireball."
Here's what *she* thinks is hair-whip-worthy now!

fash- spiration:

Nicki Minaj
has the craziest style. Her teddy bear dress in the 'Fireball' video was my favorite."

DOWNLOAD THIS:
"FIREBALL"

FREE!
with promo code
FIREBALL

all-time fave musician:

James Blake
"His music is abstract and different. I want to be different like that."

DOWNLOAD THIS:
"AIR AND LACK THEREOF"

on heavy rotation:

"I've been listening to a lot of **Rihanna**. And a lot of **SBTRKT**—he's really cool."

DOWNLOAD THESE:
"YOU DA ONE,"
RIHANNA;
"HOLD ON," **SBTRKT**

her music wish:

"I want to work with **Jessie J**. She's my dream collaboration."

DOWNLOAD THIS:
"DOMINO"

CUTE DUDES, COOL TUNES!

Their hotness will lure you in, but their talent will keep you coming back for more!



THE SMOOTH SWEETIE: JACOB LATIMORE

WHY YOU'LL LOVE HIM:
With his playfully romantic lyrics and killer moves, he's like a mini Usher!

DOWNLOAD THIS:
"LIKE 'EM ALL"



THE COOL NERDS: FOSTER THE PEOPLE

WHY YOU'LL LOVE THEM:
Their music is super-catchy and happy—just the thing to get you out of bed on Monday!

DOWNLOAD THIS:
"DON'T STOP (COLOR ON THE WALLS)"

FREE!
with promo code
FOSTER

THE ROMANTIC REBELS: MONA

WHY YOU'LL LOVE THEM:
With Kings of Leon on a break, these Nashville boys are primed to take over their rock anthem throne!

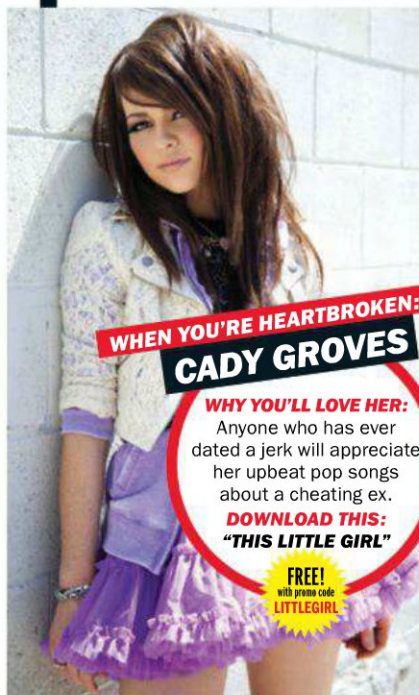
DOWNLOAD THIS:
"LEAN INTO THE FALL"

FREE!
with promo code
FALL



THE NEW GIRLS

No matter what mood you're in, these awesome chicks are playing your song.



WHEN YOU'RE HEARTBROKEN: CADY GROVES

WHY YOU'LL LOVE HER:
Anyone who has ever dated a jerk will appreciate her upbeat pop songs about a cheating ex.

DOWNLOAD THIS:
"THIS LITTLE GIRL"

FREE!
with promo code
LITTLE GIRL



WHEN YOU'RE CHILLING: DIA FRAMPTON

WHY YOU'LL LOVE HER:
The runner-up of last year's *The Voice* showcases her hauntingly beautiful voice on a dreamy new album.

DOWNLOAD THIS:
"THE BROKEN ONES"

FREE!
with promo code
BROKEN

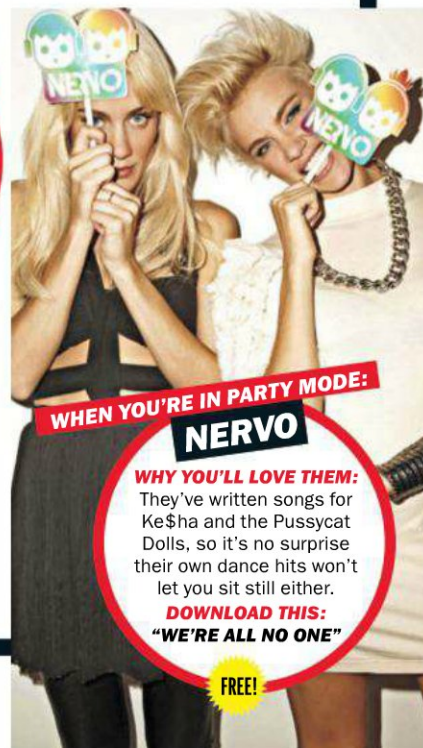


WHEN YOU WANT TO REBEL: V V BROWN

WHY YOU'LL LOVE HER:
Like her album name *Lollipops and Politics*, she's a singer with sweet beats and a serious message.

DOWNLOAD THIS:
"CHILDREN"

FREE!



WHEN YOU'RE IN PARTY MODE: NERVO

WHY YOU'LL LOVE THEM:
They've written songs for Ke\$ha and the Pussycat Dolls, so it's no surprise their own dance hits won't let you sit still either.

DOWNLOAD THIS:
"WE'RE ALL NO ONE"

FREE!

WHAT I'M LISTENING TO NOW!

Celebs are fans, too! Here are the artists they want you to check out.



ARIANA GRANDE

"She is so talented! She's not trying to be anything but herself, and she has an incredible voice."

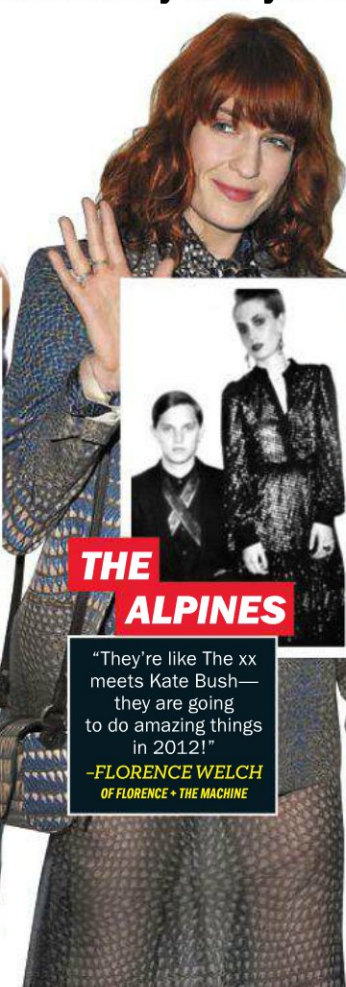
-KE\$HA



MIRANDA LAMBERT

"I love Miranda's new album, *Four the Record*. Her vocals reel you in and the production is extremely raw."

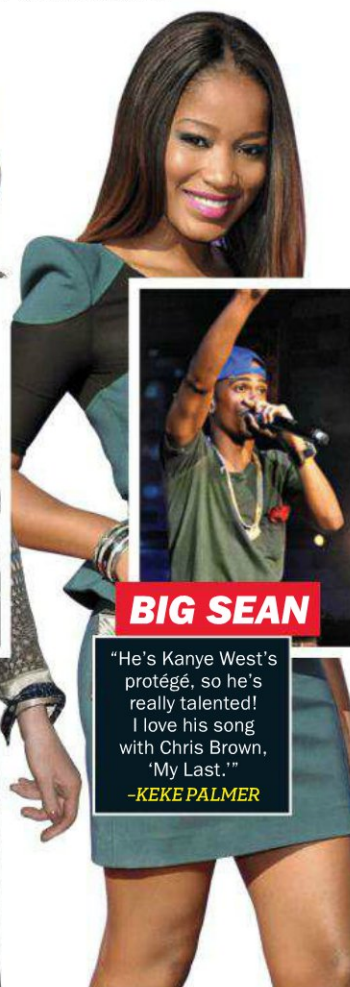
-KELLY CLARKSON



THE ALPINES

"They're like The xx meets Kate Bush—they are going to do amazing things in 2012!"

-FLORENCE WELCH
OF FLORENCE + THE MACHINE



BIG SEAN

"He's Kanye West's protégé, so he's really talented! I love his song with Chris Brown, 'My Last.'"

-KEKE PALMER

CADY GROVES: LAUREN RANDOLPH; BROWN: ARI MICHELSON; NERVO: DAN MONICK; KE\$HA: MATT KENT/GETTY; CLARKSON: KEVIN WINTER/NBC UNIVERSAL/GETTY; LAMBERT: KEVIN WINTER/GETTY; HENDERSON: PASCAL LE SEGRETAIR; THE ALPINES: GUSTAVO PAPALEO; PALMER: VALERIE MACON/GETTY; BIG SEAN: THEO WARGO/GETTY.

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seventeen
FEBRUARY 2012

you're getting WARMER....

Demi **P.82**

SPRING INTO SHOPPING **P.88**

Color Confident! **P.94**

Best V-Day Ever! **P.100**

IT'S A GIRL WORLD **P.104**

Lounge Act **P.110**

THE TRUTH ABOUT LOVE **P.116**

MAIN PHOTO: ANNA PALMA FASHION STYLIST: SIGNE YBERG. HAIR: DAVID CRUZ FOR REDKEN/CUTLER AT RAYBROWNPRO.COM.
MAKEUP: THORA AT KATE RYAN, INC. FOR DIORSKIN. MANICURE: SOFIA SHUSTEROV FOR MAC PRO AT JUDY CASEY, INC. ON MODEL: CARDIGAN, AERIE; BRA,
COSABELLA; SHORTS, PJ SALVAGE; SOCKS, K. BELL; BOW, BAN.DO; EARRINGS AND GOLD BRACELET, MAKE ME CHIC; BEAD BRACELET, LULU'S.

by amy spencer

photographs by matt jones

demi

FOR YEARS, SHE KEPT HER PAIN BOTTLED UP. BUT NOW SHE HAS HAPPINESS AND CONFIDENCE SHE JUST CAN'T CONTAIN.

Demi Lovato has a lot to celebrate these days. In the past six months, the first single, “Skyscraper,” from her latest album, *Unbroken*, hit number one on iTunes. She’s featured on Hot Chelle Rae’s killer track, “Why Don’t You Love Me.” And she did an amazing duet with Spanish singer Pablo Alborán at the Latin Grammys. But even with all that success, it’s the simple things that really make her melt—like catching the bouquet at the November wedding of her *Sonny with a Chance* costar Tiffany Thornton. Okay, so the 19-year-old might not be the next to get married (although she *has* recently been spotted kissing her ex Wilmer Valderrama, who caught the garter at the same wedding!), but this little, special moment makes her so grateful. “I love to have days like that to look back on—they remind me how lucky I am and how many great people I have in my life,” she says.

ON DEMI: Top, Covet;
dress, BCBG Max Azria;
hat, Eugenia Kim;
necklace, French Kande;
rings, Stephen Dweck;
boots, Zadig & Voltaire.



ON DEMI: Indigo
tank, 10 Crosby
Derek Lam; print
tank, Winter Kate;
color drop and brass
necklaces, House of
Lavande; long silver
necklace, French
Kande.



Chatting away in an L.A. coffee shop, Demi looks relaxed and totally comfortable in a black hat that rests on her flowing hair, a Van Halen T-shirt, and a black pleated miniskirt over black lace tights (even though it is sunny and warm out). “I didn’t feel like shaving my legs,” she explains with a laugh.

Demi is so upbeat, in fact, that it’s hard to believe just one year ago she was completing a recovery program for anorexia, bulimia, bipolar disorder, and cutting. For the first time, she reveals just how bad it got. “I’m not gonna lie,” Demi says. “I was self-medicating. I was doing things like drinking and using [drugs], like a lot of teens do to numb their pain.”

The pain started at a young age. Her father left home when Demi was just 3. She began acting at 7 years old and appeared to be picture-perfect. But she was dealing with relentless bullying—it got so bad that by 12, she was being homeschooled. “I had depression at like 7 years old,” she admits. “And it just led to issues later on in my life.” In the year leading up to rehab, she seemed happy in front of the cameras. But behind the scenes, she was nursing a broken heart (after ending her relationship with Joe Jonas), partying heavily, and losing control. She hit rock bottom when she punched one of her backup dancers.

Today, a year after her stint in an in-patient treatment center, it’s clear that there’s no more self-imposed pressure to be perfect, and no more faking it for her fans. “I don’t drink, I don’t do drugs, I don’t throw up after my meals, I don’t starve myself,” she says proudly. “There’s nothing that I do that I feel ashamed of.” She keeps it all together, with the help of her parents; her older sister, Dallas; and her younger half-sister, Madison (who plays Eva Longoria’s daughter Juanita on *Desperate Housewives*). And they’re never too far away—Demi lives in the guest house.

Now that Demi finally feels strong and secure, she hopes to inspire others to make a fresh start too—she even went back to her treatment center in Illinois to talk to girls who are suffering the way she did. “I learned in treatment that [you need] to take things one day at a time,” she says. “It makes everything seem so much more manageable. If you really stick to that mind-set, you’ll get to where you want to be.” Demi is

finally where *she* wants to be: She just released her second single, “Give Your Heart A Break,” and is preparing for a major world tour. Here, she shares her emotional journey of how she got through her lows and what big plans she has for her future!

17: You’ve worked so hard to get past some tough times. But when you’re having a bad day now, how do you deal?

Demi Lovato: *I feel it, rather than suppressing it. Just recently, I had one and thought, This guy is flipping me off in traffic, my head’s pounding, I don’t feel good. But it’s out of my control. It’s nothing I should jeopardize my health for. I put myself first now.*

“
It’s so refreshing
to wake up
and feel
excited about
what’s next.
”

17: Were there people around you who were trying to help but were actually hurting you?

DL: I don’t think that anybody enabled me—people didn’t realize how serious the problem was. Nobody saw how ugly it got, because I kept it such a secret. It’s very easy to hide, and it’s very easy to manipulate people.

17: Who was there for you?

DL: There are two people [who were there for me]. No matter how many times we fight, we will always be in each others’ lives. [Miley Cyrus and I] are very strong-headed, so when we fight, it’s brutal and we’re like, “We’re never going to be

friends again!” Then two days later, we’re like, “I love you and I miss you!” Selena [Gomez] and I, we *never* fight. She’s not a confrontational person at all. Both of them will never leave my life no matter what happens, because we’ve been through so much together.

17: Did anyone surprise you with their support?

DL: We’re not super-close, but Taylor Swift tweeted “Pray for Demi,” which I thought was really awesome of her. And Kim Kardashian, the busiest woman on the planet, took time to call me. We met at the White House [Correspondents’ Association Dinner in May 2010] and I was like, “Oh, my God, I love your makeup.” She’s like, “I love yours!” And we became friends. Then I went to treatment, and she was there for me when not many people were. I could count on my hands how many people were there for me. So the people who *were*, I didn’t forget it. After I got out of treatment, I turned on my phone, and there were only four text messages—I was like, Wow,

that shows who was really my friend and who was just hanging out with me because I would party with them.

17: Do you still go out?

DL: I'm 19—you can't tell me never to go out again! I used to hang out with people who were negative influences. Now I hang out with people who are sober, healthy, and positive—that's who people need to surround themselves with. You are who your friends are. Now if I want to socialize, I'll go out and sip on Red Bull.

17: What do you think would have happened if you hadn't gone into treatment?

DL: I don't know. I've been hospitalized for cutting too far, and it's the scariest thing, knowing that you could've gone just a little bit further and you could have died.

17: So many girls look up to you; has the meaning of role model changed for you?

DL: Before I was pretending to be this role model who I knew I *wasn't*, and that was the hardest thing for me because at the time I was like, I just want to be a singer and an actress. I don't want to be a role model. Now I'm proud to be a role model. I'm so open with everything. I'm not doing anything scandalous.

17: How do you keep up your self-esteem?

DL: There are times when I just want to wear sweatpants and I'm just like, Screw it, I don't want to wear this dress today! But I know that most of it is my mind telling me that I'm ugly or not thin enough or not good enough, and I remind myself, That's the voice that got you in trouble. Remember that you're beautifully and carefully made this way for a reason. I'm not supposed to be stick thin. Maybe I could use a little toning up in some places, but is it going to turn me back into having an eating disorder? No. I've worked way too hard on getting healthy.

17: What do you love most about yourself?

DL: My confidence. To be able to look somebody in the eye and say, "I don't care if you think my arms are chubby or whatever. I am the way that I am."

17: What do you like best about your body?

DL: My butt. It's gotten big—and awesome!

17: You and Joe Jonas have recently been tweeting each other. Do you think it's possible to be friends with your exes?

DL: Yeah, definitely. The key is not to hate your ex. Easier said than done. But don't let the toxicity build up in your system, because the negative energy just sits in your body and soul.

17: Do you want to be in a relationship?

DL: I'm tired of dating. I need someone who is going to be supportive of my eating issues and who I can call and say, "I need help right now, I need support," and he'll be there. That's hard to find.

17: What makes you happiest now?

DL: Bowling, movie nights, swimming, and hanging out in my hot tub. It's so refreshing to wake up every day and feel excited about what's next. I have so much to look forward to—from little everyday things, like where I'm going to go shopping with my friends, to big things, like heading out on the road [on tour], or even really long-term things, like what my next big project will be.

17: What are you looking forward to this year?

DL: I think it would be cool to go hiking in every country I visit on tour. This tour feels more special. I'm more confident, happy, and healthy, and I think it shows in my performance, which makes each day more rewarding and fun. I hope I stay as happy and healthy as I am today.

17: What do you think you've learned about yourself in the past year?

DL: That I am worthy enough, beautiful enough, and that I don't need anything else, including a guy, to feel whole. I don't need anyone but myself. It's a pretty good revelation! **17**

“
I'm worthy
enough, beautiful
enough, and
I don't need
anything else
to feel whole.”

ON DEMI: Dress, BCBG
Max Azria; slip, Kumi
Kookoon; tassel and
gold cord necklace,
House of Lavande; horn
necklace, Lia Sophia.





h&m

dress
Sizes 2-12, \$25,
H&M stores.

hat
Mack Dugan.
earrings
Kenneth Jay Lane.

bag
Kate Spade.
string bracelet
Ettika.

purple bracelet
Make Me Chic.
orange watch
La Mer Collections.

ring
Urbanog.
shoes
Tory Burch.

SPRING INTO SHOPPING!

Winter's finish line is almost here. So get a sneak peek at the best spring looks from the hottest brands!

PHOTOGRAPHS BY NICHOLAS ROUTZEN

BCBGeneration



sweater

Sizes XS-L, **\$138**,
Lord & Taylor and Macy's.

shirt

Sizes XXS-L, **\$68**,
Lord & Taylor and Macy's.

skirt

Sizes 0-12, **\$88**, Lord & Taylor
and Macy's.

bracelets

Orange bracelet (on arm), **\$48**,
and blue bracelet, **\$42**, Macy's.

belt

\$38, bcbg.com.

clutch

\$78, Lord & Taylor and Macy's.

platform sandals

Sizes 6-10, **\$89**,
BCBGeneration stores.
All BCBGeneration.

watch

Toywatch.

socks

We Love Colors.



jacket

Sizes XS-L, **\$198.**

shirt

Sizes XS-L, **\$90.**

shorts

Sizes 24-32, **\$80.**

belt

\$98.

All Denim & Supply Ralph Lauren,
Macy's and ralphlauren.com.

necklace

Kelacala Q.

watch

La Mer Collections.

gold bracelets

Adesso.

skull bracelet

Jules Smith.

string bracelets

Ettika.

bangle

Fantasy Jewelry Box.

denim & supply
**ralph
lauren**

jason wu for target



tee
Sizes XS-XL, **\$20**, select
Target stores and target.com.
skirt
Sizes 2-16, **\$30**, select
Target stores and target.com.
sweater (around waist)
Sizes XS-XL, **\$33**, select
Target stores and target.com.
bag
\$25, target.com.
scarf (tied on bag)
\$20, select Target stores
and target.com.
All Jason Wu for Target.

glasses
Warby Parker.
earrings
Brandy Pham.
necklaces
Erica Anenberg.
cuff
Anna Pellissari.
bracelet
Make Me Chic.
ring
House of Harlow 1960.
sneakers
Adidas Originals.



topshop

blouse

Sizes 2-12, \$125,
skirt

Sizes 2-12, \$160.

Both Topshop, Topshop stores
and topshop.com.

glasses

Urbanog.

belt

Superdry.

charm bracelet

Venessa Arizaga.

pink bracelet

Ettika.

purple cuff

Anna Pellissari.

heels

Stuart Weitzman.

tommy girl

dress

Sizes XS–XL, Tommy Girl,
\$59, select Macy's.

shoes

Tommy Hilfiger.

clutch

Tommy Hilfiger.

rhinestone necklace

AMI Clubwear.

pendant necklaces

Lulu's.

bracelet

Venessa Arizaga.

socks

We Love Colors.



KATIE ANN, 19

JULIE, 17

seventeen BEAUTY MASTER CLASS

color

Say "Later!" to pales and neutrals. This spring, the prettiest pastels pack a major punch.

VIBRANT *eyes*

Get bold color that commands attention with a sweep of shimmery powder over a soft smudge of cream shadow.

KEKE, 20

CONFIDENT!

Makeup guru Jenna Menard shows how to layer your look for maximum impact.

BY **anne fritz** PHOTOGRAPHS BY **kate powers**

ON KATIE ANN: TOP, GYPSY; BRACELETS, PEARL COLLECTIVE. ON JULIE: PURPLE TANK, \$5 DSI; LEOPARD TANK, HANKY PANKY; EARRINGS, MINNIE MAWI; NECKLACE, WILD FOX COUTURE. ON KEKE: GRAY TANK, ARMANI EXCHANGE; WHITE TANK, EARRINGS, AND NECKLACE, LULU'S.

HI-DEF *cheeks*

A dab of cream blush gives you an innocent flush and pink highlighter contours those killer cheekbones!

ON JULIE: (OPPOSITE PAGE) TOP: SAUCE; EARRINGS: ACCESSORIZE; PINK NECKLACE AND GOLD NECKLACE: LULU'S; ON KATIE ANN: TEE: JUNK FOOD; TOP: PEPPERMINT PARK; MONKEY NECKLACE, MAKE ME CHIC; LOVE NECKLACE, BETTY CARRE; ON KERE: DRESS: JACK BB DAKOTA; TANK: URBAN 1972; ROBOT: NECKLACE: LULU'S; LEATHER-AND-RHINESTONE NECKLACE: VITA FEDE.

SATURATED *lips*

Finally, the lips you've always wanted: Get the shine of gloss and the impact of lipstick with a combo of sheer color and a rich lip pencil!

LAYER *like a* PRO

Colors look more vivid—yet totally delicate—with Jenna's easy tricks.



vibrant eyes

1

Think of cream shadow as eye primer with a color payoff. Build up layers of cream from your lid to your crease, letting them dry as you go. A small flat shadow brush helps you get an even application.

try: Clinique Lid Smoothie Antioxidant 8-Hour Eye Colour in Cute-cumber, \$20, [clinique.com](#)



2

Eyeliner in the same color family makes this look feel extra-polished. Jenna says to dot it in between your lashes so it defines eyes without drawing attention away from the shadow.

try: Wet n' Wild Color Icon Eyeliner in Green, \$1, [drugstores](#)



3

Sweep a powder shadow that's one shade more intense than the cream one to keep the look bright. Brush it just short of your browbone and blend to soften any harsh edges.

try: Mark I-Mark Custom Fit Eye Shadow in Dragonfly, \$5, [meetmark.com](#)



on katie ann

try: Clinique Lid Smoothie Antioxidant 8-Hour Eye Colour in Currant Affair, \$20, [clinique.com](#); Make Up For Ever Aqua Eyes liner in #11L, \$18, [sephora.com](#); Urban Decay Eye Shadow in Ecstasy, \$17, [urbandecay.com](#)



on julie

try: Clinique Lid Smoothie Antioxidant 8-Hour Eye Colour in Ginger-ly, \$20, [clinique.com](#); Benefit Bad Gal Liner in Espresso, \$20, [benefitcosmetics.com](#); MAC Cosmetics Eye Shadow in Rule, \$15, [maccosmetics.com](#)



hi-def cheeks

1 To fake major cheekbones, smile, then dab a rosy cream blush on the highest part of your cheek. Using a sponge helps you control where you get the color, but don't blend it in too much—you don't want to lose the pop of color.

try: Clinique Blushwear Creamstick in Rosy Blush, \$19, clinique.com

2 Sweep a bright pink powder blush on top of the cream and across your cheekbones to deepen and set the color. Swirl gently all over your cheeks to blend the two shades.

try: Bobbi Brown Blush in Pale Pink, \$21, bobbibrowncosmetics.com

saturated lips

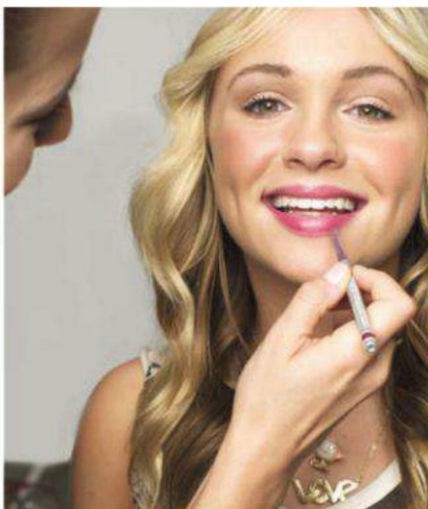


17 FYI

Jenna's fave shade of the new Clinique Almost Lipstick line is Flirty Honey, a girly pink that works on everyone. Check out all colors at clinique.com.

on keke

try: Stila Long Wear Lip Liner in Charming, \$18, stilacosmetics.com; Clinique Almost Lipstick in Lovely Honey, \$15, clinique.com



1 A matte lip pencil creates a solid base so your sheer lip color has something to lock on to. Fill in lips with a pencil that's two shades darker than your natural color.

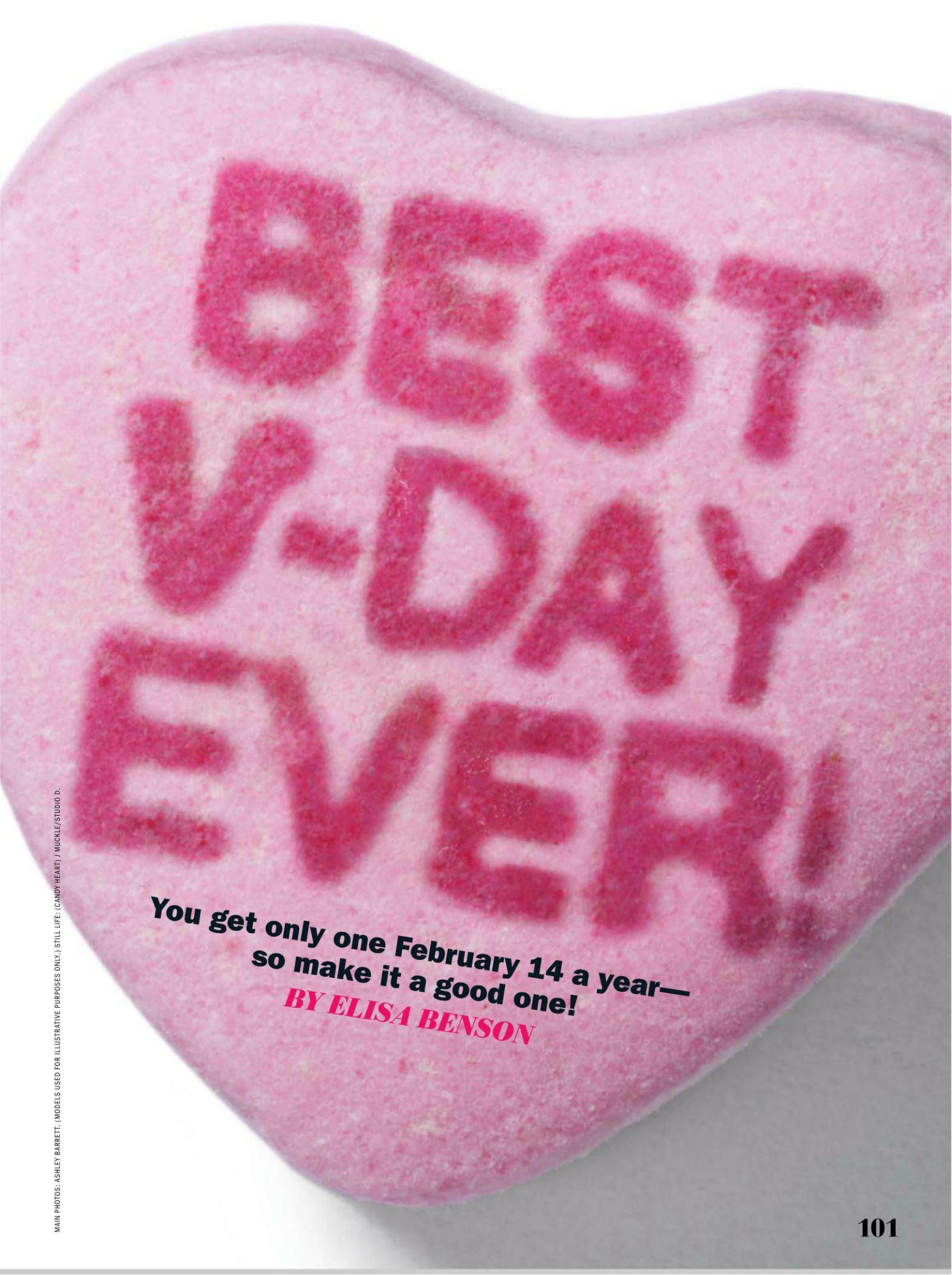
try: Rimmel Lasting Finish Lip Liner in Rose Quartz, \$4, drugstores



2 A light formula has the shine of a gloss without any stickiness. Dab the color on so it doesn't smear the lip liner, starting in the center of your lips and going out for even coverage.

try: Clinique Almost Lipstick in Flirty Honey, \$15, clinique.com





MAIN PHOTOS: ASHLEY BARRETT, (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) STILL LIFE: (CANDY HEART) J. MUCKLE/STUDIO D.

**You get only one February 14 a year—
so make it a good one!**
BY ELISA BENSON

who's your sweetie?

Find a way to spread the love—no matter who you're spending V-Day with this year!

BF OR GF:

make it romantic!

In a relationship, you want the perfect combo of sweet and exciting! So do one *new* thing (like try a totally unique restaurant) and one thing that's sentimental (like watch the first movie you saw together). You'll relive your best memories *and* create new ones.

GUY FRIEND:

coffee run!

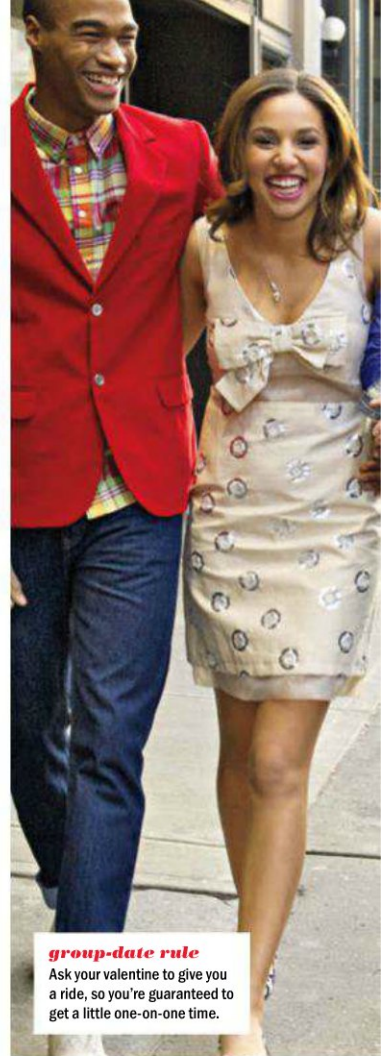
This might be one of those V-Days where all you want to do is roll your eyes. So ask one of your guy friends on a *nondate* and hit up a coffee shop in the next town. A long drive and some good laughs *always* equal a fun time—even if there are no romantic intentions.

CRUSH:

pig out! Order tons of Chinese-food takeout, set it up buffet style, and invite over your whole crew (crush included!) to dig in. There's more opportunity for silly fun when you skip the crowded restaurant and dine in—especially when everyone starts reading their fortune cookies in the most overly dramatic way. Ha!

YOUR GIRLS:

mani party! Call a salon and make a group appointment, then head over with your friends. (Optional: Stopping off at Rite Aid first to stock up on Reese's Hearts and gossip mags!) A night out is a good reminder that no matter what's going on in your love life, you'll always have your girls by your side.



group-date rule

Ask your valentine to give you a ride, so you're guaranteed to get a little one-on-one time.

secrets that save the day

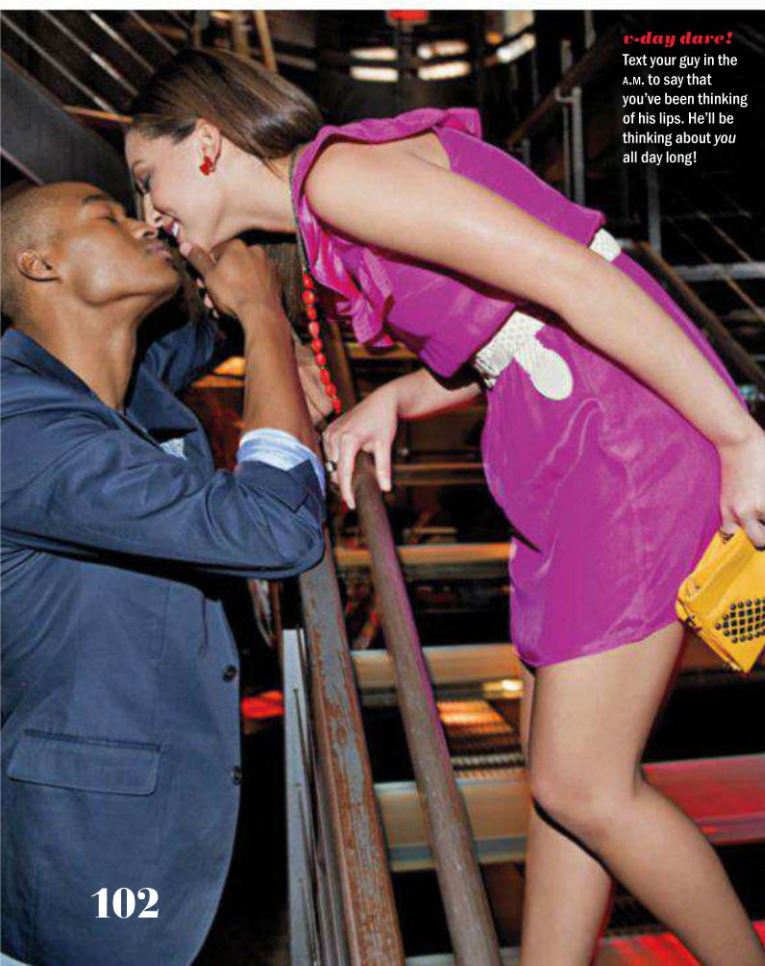
Ignore the hype and focus on the fun!

These three secrets will ensure a perfect time.

✓ chill out! You might feel like you need to "go all out," but an over-the-top marathon date can feel painfully overscheduled. Simple stuff, like taking a walk in the snow, lets you soak up each other's company *and* leaves room for spontaneity. (Read: sexy snowball fight!)

✓ speak up! Early in a relationship, you might feel like you're not *supposed* to care too much about V-Day. But if you're secretly hoping for a special night out, mention it: "We should do something *really* fun next week. Dinner? IMAX?" It's unfair to expect your date to read your mind.

✓ do your own thing! Not into candlelit dinners or any of the other V-Day cheese? Fine! Create *your* idea of a perfectly romantic night, even if that means a fierce Xbox Kinect competition or a group bowling date. Valentine's Day is all about celebrating *your* relationship, and you should do that in a way that feels right for you.



v-day dare!

Text your guy in the A.M. to say that you've been thinking of his lips. He'll be thinking about you all day long!



HIS V-DAY NIGHTMARES

Hanging out with someone you love is usually a guaranteed good time. These poor guys! (LOL!)



MAJOR WATERWORKS!

“I drove my girlfriend up to a cliff that overlooked the whole city—then pretended my car broke down. I was going to surprise her with a picnic basket I’d packed in the trunk, but she was so worried we were stranded that she started crying! Worst surprise ever.” —ADAM, 18



GIFT-GIVING SNAFU!

“I ordered a customized necklace for the girl I was seeing, but they spelled her name wrong: ‘Cat’ instead of ‘Kat’! I didn’t have time to get another gift, so I gave it to her anyway and tried to explain. She was nice about it, but I could tell she thought I was an idiot!” —XAVIER, 20



FLAT-OUT REJECTION!

“I had a brand-new girlfriend and went all out for our first Valentine’s Day—flowers, candy, little stuffed bear. When I gave them to her, she freaked out and said she didn’t know we were that serious. I still shudder with embarrassment when I think about it!” —ERIC, 20

STILL LIVES: (CANDY HEARTS AND IPHONE CASE) JESUS AVILA/STUDIO D; (SAUCE AND WALLET) J. NUCKLE/STUDIO D; CANDY HEARTS ARE COURTESY OF BRACH'S CONVERSATION HEARTS; HEMSWORTH: DON ARNOLD/WIREIMAGE; HALE AND HARDING: ABC FAMILY/ERIC MCCANDLESS; CRISS: JO HALE/GETTY IMAGES; FOOTBALL PLAYER: DUOMO/CORBIS; REAL-GUY PHOTO: (ADAM) FITZPHOTO, INC.

♥ reader awards!

More than 1,000 readers cast their votes for their ultimate V-Day.

A girl can dream, right?

YOUR IDEAL BF:

liam hemsworth

The *Hunger Games* hottie may be coupled up with Miley Cyrus, but you’re still a sucker for his melt-y gaze and buff body.



STEAMIEST ON-SCREEN DUO:

lucy hale & ian harding

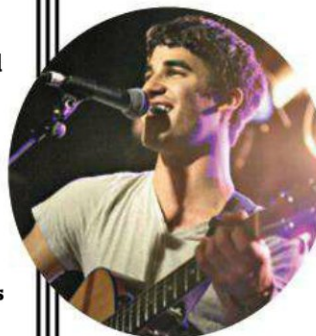
On *Pretty Little Liars*, their shhh relationship and sexy hookups make them the perfect fantasy couple. (Emphasis on *fantasy*, because everyone knows teachers are never that hot IRL!)



GUY YOU WISH WOULD SERENADE YOU:

darren criss

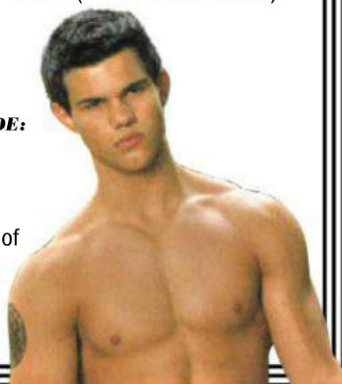
On *Glee*, one of the Warblers says he’s “sex on a stick and sings like a dream.” No wonder he’s your number one music crush! (He even beat Bieber!)



HOTTEST SHIRTLESS DUDE:

taylor lautner

If only the first 60 seconds of every movie could be more like *Breaking Dawn*: Jacob. *Shirtless*. *Running*. *Mmm*.



the perfect pressie

Not quite feeling that stuffed teddy bear? Here are the gifts your date *really* wants.

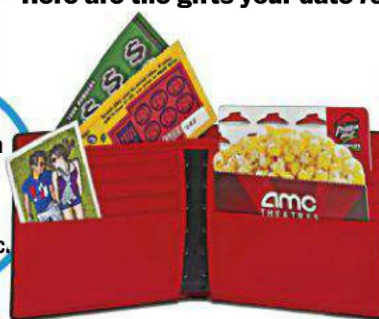
HOMEMADE MEAL

A cute IOU dinner coupon promises a mellow night of pasta (and amore!)—redeemable whenever your valentine wants.



PIMPED-OUT WALLET

A cool gift gets even cooler when it’s stuffed with gift cards, lotto tix, and your favorite couple pic.



CUSTOM PHONE CASE

Use case-mate.com to turn a photo of an important moment into the most thoughtful, personalized keepsake.



“

An uneven bob gives my conservative style a quirky touch. I like how the angled layers play off the minimalist clothes I usually wear. ”

—IRENE

seoul

KOREA

ASYMMETRICAL BOB

Korean schoolgirls have to wear their hair above their shoulders. This cut lets them play by the rules and still stand out.

try: Redken Tousle Whip 04 Soft Texturizing Cream-Wax, \$16. redken.com for salons

IT'S A girl WORLD

Across the globe, it's teens who set the trends—and these girls are showing off what's hot in their hoods. Get ready to transport your style—no passport required.

photographs by olivia graham

santo domingo

DOMINICAN REPUBLIC

DEEP LIPS

Rich burgundy lipstick does the talking in Dominican bakeries, where girls hang out after school. (It leaves a bold mark on their *cafés con leche*.)

try: MAC Cosmetics Pro Longwear Lipcreme in Soulfully Rich, \$17. maccosmetics.com

“Dark lipstick brings out the bronze in my olive skin tone. I love burgundy—it’s softer than red and more dramatic than pink.”

—NICKAYLA

“

Healthy hair is a big deal in Brazil—the longer and straighter, the better! My hair gets highlighted naturally from all the time I spend at the beach and the blonde looks so pretty with a tan.

”

—SIMONE

*rio de
janeiro*
BRAZIL

SLEEK HAIR

Brazilian girls know that crazy-straightness and endless length is a super-hot combination.

try: Mark Salon Straight Smoothing Balm With Invigorating Orange. www.meetmark.com



london UK

SOFT SMOKE

Rebel against the classic black smolder—a smudge of mossy green gives British girls a touch of punk-rock edge.

try: Dior 5-Colour Designer All-In-One Artistry Palette in Green Design **\$59**, dior.com

“

In the eastern part of London where I live, it's all rock and roll. When I go out, I put on dark eye makeup and a nude lip. I like acid-green shadow, because it feels more modern.”

—SADIE

moscow

RUSSIA



BLUE LASHES

Russian girls like to give old customs their own twist. Dramatic eyes are a must—but painting them an electric blue is totally unexpected.

Eye: Flirt! Far Out Lengthening Mascara in Extreme Indigo, \$12, flirtcosmetics.com

“ My friends and I are all obsessed with blue mascara—so much fresher and cooler than basic black. It really deepens my eye color. ” -KSENIA

ON SADIE: JACKET, D. BRAND; EARRINGS, ACCESSORIZE. ON KSENIA: HAT, ARIZONA FOR JCPENNEY; RING, NICHOLAI BY NICKY HILTON.

Fashion Stylist: Annebet Duvall. Hair: Mlok for Wella Professionals/Judy Casey, Inc. Makeup: Robin Schoen for Dior Beauty at Utopia. Manicure: Ana-Maria for Onyx Salon & Spa at Artistsbytimothypriano.com.



pajama top
Sizes XS-L, Splendid,
\$81, splendid.com.

cami
Sizes S-L, Charmed by
Maidenform, **\$12**,
Maidenform stores.

tap shorts
Sizes S-L, Calvin Klein,
\$36, Bloomingdale's.

eye mask
Mary Green, **\$24**,
marygreen.com.

necklace
Shoptelook,
\$25, shoptelook.net.

socks
Hue, **\$14**, Macy's
and hue.com.

lounge Set

Make girls' night in a major fashion moment. These pieces are so cozy-chic, you won't want to leave the house till spring.

Photographs by Anna Palma

hoodie

Sizes S-XL, Soffe,
\$15, soffe.com.

bra

Sizes 32-38, Fruit of the Loom,
\$5, Walmart stores and
shopfruit.com.

boxer shorts

Sizes XS-L, Splendid,
\$58, shopbop.com.

skirt

Sizes S-L, Monteau
Los Angeles, **\$34**, lulus.com.

necklace

Lulu's, **\$9**, lulus.com.

tee

Sizes S-XL, Junk Food, **\$29**,
junkfoodclothing.com.

shorts

Sizes XS-XL, PJ Salvage,
\$36, pjsalvage.com.

necklaces

Black ribbon and crystal
necklace, **\$34**, and small
stone and chain necklace,
\$38, Simply Vera Vera Wang,
Kohl's and kohls.com; purple
stone necklace, Kenneth Jay
Lane, **\$100**, 877-953-5264;
chain necklace, Urbanog,
\$13, urbanog.com.

footless tights
Hue, **\$7**, hue.com.



sweater
 Sizes XS-XXL, Aerie, \$40,
 aerie.com.
camis
 Sizes XS-XL, Hanky Panky,
 \$43, hankypanky.com.
panties
 Sizes S-L, DKNY, \$10,
 barenecessities.com.
necklace
 Simply Vera Vera Wang, \$50,
 Kohl's and kohls.com.
bracelets
 String bracelet, Pearl
 Collective, \$25,
 pearlcollective.com;
 rhinestone bracelet,
 Sassy Jewelry, \$33,
 sassysouth.com.
socks
 Metallic socks, K. Bell,
 \$13 per pair, kbellsocks.com;
 teal socks, Hue, \$7 per pair,
 hue.com.

Who says "me time"
 can't be completely
 glamorous? Mix
 pretty patterns, soft
 textures, and
 loads of jewelry!

chemise

Sizes S-XL, P.J. Salvage,
\$58, pjsalvage.com.

lace bra

Sizes 32A-34D, Calvin Klein,
\$11, Lord & Taylor.

shorts

Sizes S-XL, P.J. Salvage,
\$10, pjsalvage.com.

necklaces

Bead necklace, Lara Kurtzman
for Kelacala Q, \$65,
kelacalaq.com; giraffe
necklace, GoJane, \$7,
gojane.com.

socks

Anna Sui, \$17,
Anna Sui stores.

No more boring
nighties—punchy
pops of color are
like a styling
wake-up call!



ON MODEL: (OPPOSITE PAGE) EARRINGS, FRED FLARE; BANGLES, A.V. MAX ACCESSORIES; RINGS, FOREVER 21; THIS PAGE: SILVER CHAIN NECKLACE, KELACALA Q.; EYELASH NECKLACE AND RINGS, LULU'S; GOLD LOVE KNOT NECKLACE, ARIEL GORDON.

tee
Sizes XS-L, Victoria's Secret
PINK, **\$18**, vspink.com.
cami
Sizes S-L, Cosabella, **\$74**,
shop.cosabella.com.
lace shorts
Sizes S-XXL, Jennifer Lopez for
Kohl's, **\$18**, Kohl's and
kohls.com.
headband
Just Lovely Things, **\$23**,
justloveshop.com.
socks
Roxy, **\$14**, roxy.com.

A photograph of a young man and woman in a field. The man is on the left, seen from the side, wearing a green sweater. The woman is on the right, looking down, wearing a red and black striped shirt. The background is a sunlit field with green grass and trees.

*"I thought love meant
making your relationship
work, no matter what."
—Emily*, 22*

the truth about Love

Love is the most amazing, delicious, warm . . . confusing, overwhelming, complicated feeling. But if you're not sure what *real* love is supposed to be, you might be getting a dangerous substitute.

BY HOLLY EAGLESON

When a guy comes along who seems to think about you every minute, who tells you he'd do anything for you, who's there for you 24-7—why wouldn't you get totally swept up? This is what love feels like, you think, and let your heart take the lead. If those warm, fuzzy feelings continue, it can develop into something bigger and better than you ever imagined! But other times, it can turn into something that really isn't love at all. It starts small: constant phone calls or texts checking up on you. Dirty looks when you're talking to a guy friend. Offhand remarks that put you down—like, "For a smart girl, you sure act like a dumb-ass." It feels weird, but he tells you he's just overprotective or joking around. Or

it's not you he doesn't trust but other people, so you start to distance yourself from your friends, even your family, to make him happy.

You might see other people in your life dealing with the same thing and think that's just how love is. Your guy might not even realize how toxic this kind of behavior is. Problem is, the more it continues, the more hurtful it can become. Little by little, you lose yourself as you question how the love that was so great in the beginning could turn into something so ugly. The good news: There is someone out there ready to give you real love, the kind built on trust, kindness, and respect. Read on to find out what a solid relationship does (and doesn't) look like and how to find one that doesn't just make you feel good—it actually *is* good for you.

"I thought love meant..."

letting the guy be in charge."

When Stephen* and I met at homecoming, we exchanged numbers and started dating a week later—I fell for him instantly! He'd sweetly send me good morning texts and call me to wish me good night, and he had such a great sense of humor. A week later, though, he began pushing me in the halls. At first, it was playful, kind of like a nudge, but slowly he became more forceful, and one time he even pushed me into the locker—*hard*! I knew it wasn't normal, but I didn't know how to react. I told myself he must know more about relationships, because he'd gone out with more people. And the way he'd come up and put his arms around me in the hall made me feel so good, I just brushed off the bad

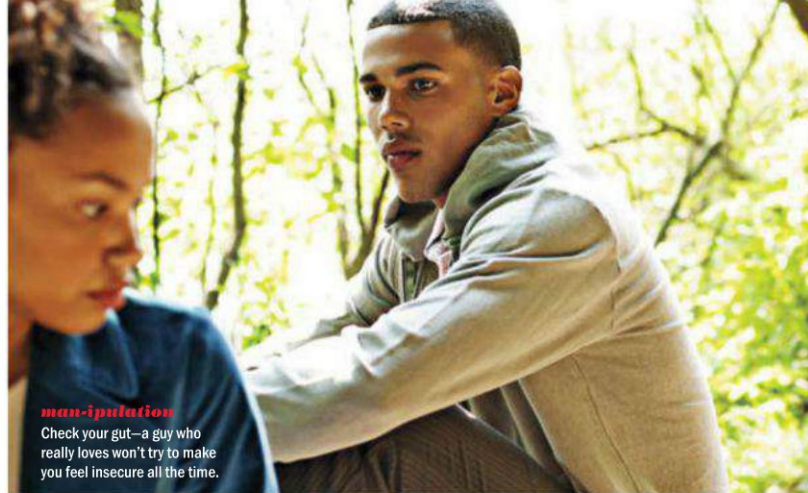
"I had nightmares about him beating me nonstop."

stuff. But by October, things got worse. He was doing stuff like kicking me in the shins under the table in study hall. When

my mom asked about my bruises, I told her it happened during cheerleading. I was afraid to speak up, because I knew she'd make me break up with him.

He also started pressuring me to sext him. I knew it was stupid and that we could get in trouble, but it was easy for him to persuade me to do things. He'd say, "Do it, or I'll break up with you." He even threatened to tell people about sexual things I'd done with him, so I gave in. It was what I had to do to hold on to him.

Then one night, my mom found out about the naked pictures of me, and our parents forced us to cut off contact. I was torn: I felt like a child who couldn't take care of herself, but I was also relieved I didn't have to make him happy anymore. After it ended, I had nightmares about him beating me nonstop. Even though he had never hit me, I felt that one day he might. My grades dropped from As to Cs, and I went from happy and outgoing to feeling totally numb, so finally I decided to talk to a counselor, who diagnosed me with anxiety and depression. My first thought was, How did I become this girl?!? After a while, things started to get better as I opened up to my friends and family, and now I am finally in a good relationship with a guy named Jason*. With Steven, I was scared to discuss anything, but with Jason,



manipulation

Check your gut—a guy who really loves won't try to make you feel insecure all the time.

if I think something is up, I can go straight to him and say, "What's wrong here?" He's shown me that a person who really loves you will never make you feel bad about yourself in any way. —VICTORIA*, 16, MINNEOTA*, MN

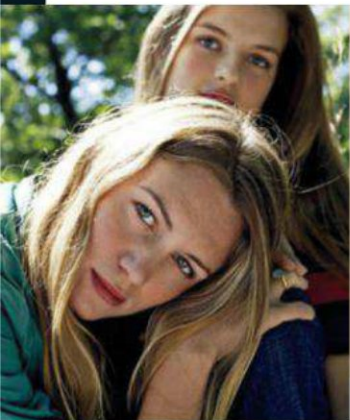
"I thought love meant..."

solving his problems."

My junior year, a friend introduced me to a guy in his band named Taylor* and from the start I felt a deep connection. The first night we talked on the phone for four hours and in just a week, he told me he loved me. It seemed way too fast, but I decided, I guess I did, too. Here was someone who was funny, kind, and wanted to talk to me. He even revealed that he'd been diagnosed with depression, and I thought if he could be so open, we must have something really special.

Taylor didn't have a lot of friends, so he always wanted to hang out, and before long, he started pressuring me to have sex. I told him I wasn't ready, but he ignored me. "Everyone's like that the first time," he told me. I went along with it, because I wanted to make him feel good, but later I felt used—I drove home staring off into space.

It got to the point where he'd flip out if I made plans with other people, then he'd threaten to hurt himself, making me feel like it was my fault. I tried to get space from him after that, but I felt trapped. I'm the type of person who has a hard time saying no, so after a while, it became easier just to give in to whatever he wanted than to live in constant fear of these freakouts. Plus, I thought I could help him—he'd say I was the only thing in his life making him happy, so I felt responsible.



HOW TO HELP A FRIEND

Watching a BFF go out with a jerk can be heart-wrenching. Here's how to help her out without pushing her away.

DON'T confront him. If he can be twisted or violent toward someone he says he loves, it's unlikely you'll get him to see the situation clearly. He may even take out his rage on you. If you think she's in danger of being hurt physically, get a counselor to intervene.

DO be honest. You need to talk to her about what you see, but don't make it a bitch-fest about the guy. That will only make her defensive and she'll shut down all conversation.

DON'T pressure her to leave him. No matter how much she wants to get away from him, she's probably afraid he'll hurt her if they break up.

DO support her, no matter what. It might take 10 tries for her to break up with him or she may not leave him until something bad happens, but you should be there for her either way. She'll need your support more than ever.

*Names have been changed.

The final straw came when I wanted to hang out with my BFF for her birthday. He didn't want me to spend any time apart from him. When I told him I needed to do my own thing, he totally lost it, calling me a whore. Then he threatened to kill himself. I tried to talk him down, but he said, "Don't underestimate me. If I do it, I'll find a way to take you with me." Then it hit me: This guy might *kill* me. I was crying so hard when my mom walked in and saw me. She grabbed the phone, and said, "What are you doing to my daughter?" He started screaming at her. That was it for me! I could put up with him lashing out at me because that's what I thought you should do if you're in love. But when I saw him do it to her, I realized how twisted things had become. I broke it off that day—it felt like the weight of the world was lifted off my shoulders. After a week, I saw that Taylor was telling another girl he loved her on her Facebook wall, just like he had with me. It hurt to know I could be replaced so easily, yet I was relieved too. Now I know I want someone who makes me happy first. I don't want to ever feel like I'm losing myself in someone else's issues.

—CHELSEA*, 18, CLEVELAND, OH

"I thought love meant...

seeming like the perfect couple."

When I first met Luke* I was a freshman in college and wasn't looking for a boyfriend, but when my friends introduced us, it felt almost too good to be true. He'd take me to dinner, the beach, and shopping, and was so affectionate in public. We even met one another's families and soon he told me he loved me. But after a few weeks, his attention went from sweet and romantic to suffocating. We were in constant contact, texting at least 100 times a day. We both had BlackBerrys, so he could see when I received each BBM. If I didn't answer right away, he assumed I was doing something I "shouldn't be." He interrogated me about Facebook, too: Who was that guy you added? Why did he post on your wall? And he'd threaten that if I didn't delete whoever it was, we'd be done. Sometimes our fights got really heated and he would shove me. I made excuses, telling myself it was the first and last time he'd do

"...he backhanded me across the eye."

anything like that to me. I thought I could somehow get things back to how great they were if I could just avoid making him angry.

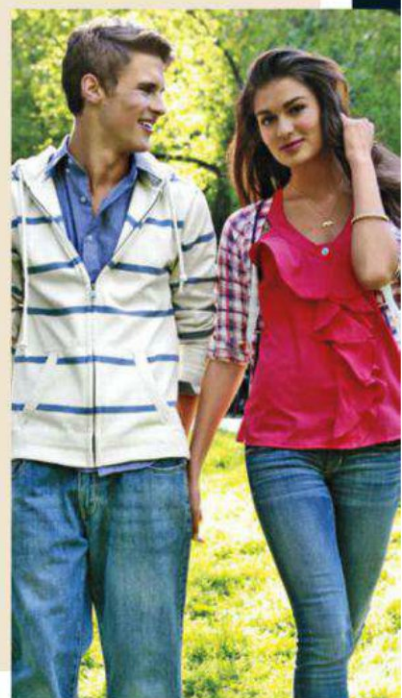
One day we were with my mom and she said a guy friend of the family wanted to hang out. The look in Luke's eyes made my stomach drop. As soon as we were in the car alone, he backhanded me across the eye. I was so shocked, I didn't even feel the pain. He was instantly apologetic. Sobbing, he said, "I don't know what's wrong with me that I get to that point." I wanted to stay, because I loved him, but I finally realized the violence would only get worse. I drove him to his house and ended it. Within an hour, I had 50 texts, 20 missed calls, and multiple Facebook messages.

I thought Luke loved me, but he just wanted someone he could possess. I was so determined to do the relationship thing perfectly that I was blind to it, but now I see that even though things aren't always smooth in love, you shouldn't have to work so hard to make something right. —EMILY*, 22, MONTVALE, NJ

WHAT REAL LOVE FEELS LIKE

Here's what a great relationship should be about—now go get it!

- You **can talk about anything** and don't feel you have to hide your true feelings.
- You **encourage each other** to achieve your goals, like doing well in school or sports.
- You **give each other space** and time to hang out with other people *and* to be alone.
- You **check in with each other regularly** when you're not together, but it doesn't feel overwhelming or smothering.
- You **respect each other's decisions about sex** and don't pressure the other person to do something they're not ready for.



GET HELP

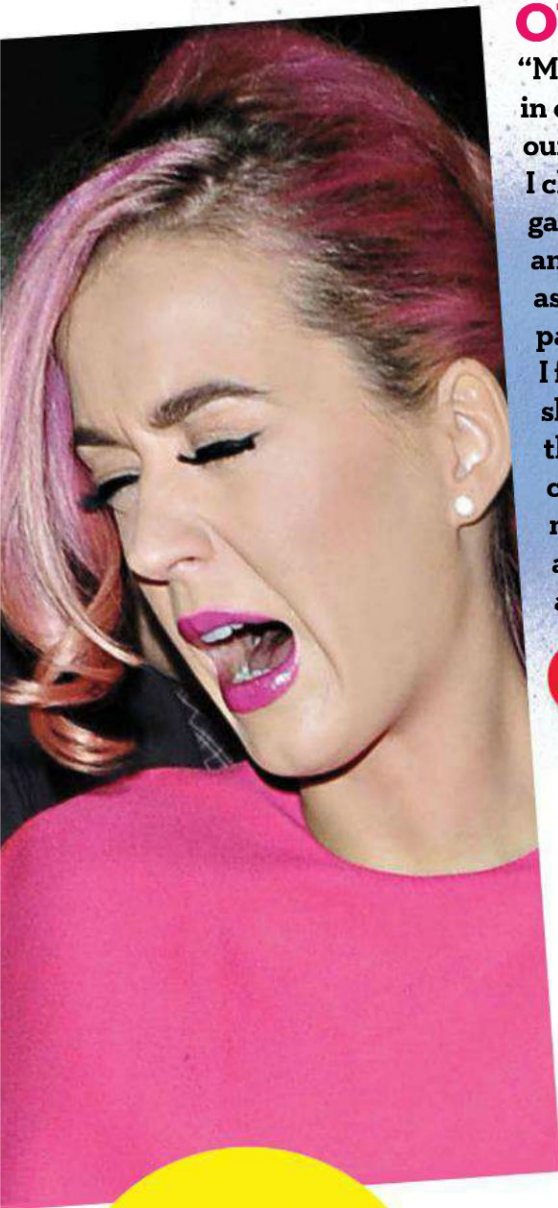
If you or a friend is being emotionally or physically abused, text LOVEIS to 77054 24-7 to chat anonymously with trained teens and young adults from the National Dating Abuse Helpline; call 866-331-9474 for anonymous support 24-7; or go to loveisrespect.org.

TWEET TO STOP DATING VIOLENCE!

Tweet your thoughts on #whatlovemeans to @seventeenmag! Seventeen and @Love_IsNotAbuse will also host a live Tweet chat each Monday at 4–5 P.M., 1/16–2/6, to answer your questions. RT!

TRAUMARAMA

Everyone has had humiliating moments.



Katy was looking a little more FML than TGIF when she was caught by cameras in London!

OUT OF THE BLUE

"My friends and I sprayed body paint in our school colors all over ourselves for a basketball game. I chose blue. After the game, I was exhausted and immediately fell asleep with the body paint still on. But when I finally hopped in the shower in the morning, the paint wouldn't come off! My mom made me go to school anyway—Smurf skin and all!"



bad girls finish last

"I was having the worst day ever. As I pulled out my chair in class, this nerdy kid started to talk to me—I thought he was trying to flirt, so I told him to buzz off. I sat down and the chair fell apart! Turned out he was trying to tell me that the chair was broken. . . . Ugh."

V-DAY trauma!

waitress down!

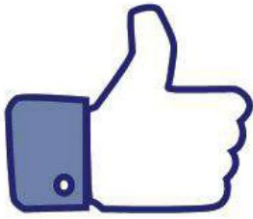
"I'm a waitress and I had to work last Valentine's Day. This one couple wouldn't stop making out. I tried to give them their privacy, but as I tiptoed toward them, I tripped and spilled drinks all over the guy's shirt! Obviously I didn't get a tip, but at least they stopped sucking face!"



WHAT A BOOB

"I was walking into class with my crush, feeling cute in my new strapless dress. My BFF texted me, 'Why does it look like you have back boobs?' Wha?!? I hadn't even noticed that my bra was loose and it had shifted all the way around! I told my crush I forgot my book and bolted to the bathroom, backward!"

"I sat on a sidewalk waiting 4 my date. We started walking and he told me I had gum all over my a." #embarrassed**



WORTH A THOUSAND LIKES “I was ecstatic when my crush added me on Facebook. I wanted my BFF to see his FB pics, so I copied and pasted some to my computer and uploaded them into a private FB album just for me and her. I left for the day, but when I came back, I realized I had accidentally made the album public! I had a bazillion comments from friends—and one from *him* asking why I did it. Shortest FB friendship ever.”

photo bomb

“One day in computer class, I sat behind my crush. He was taking funny Photo Booth pics of himself and I couldn’t help but sneak a peek. But as the pics came up on screen, I slowly realized that I was in all of them, gawking at him—and so did he! He turned and gave me the weirdest look. Awkward!”



pedal to the metal

“I was leaving a friend’s house one day and running super-late for work. I got in my car, hit reverse—and failed to see her mom’s car parked behind me. I drove right into her door! That week’s paycheck? Straight to the auto body shop.”



JUST IN CASE “I was in math class and my crush asked if he could borrow a pencil. I gave him my pencil case and coolly asked him to pick one, but he handed it back to me with a strange look on his face and said, ‘Never mind.’ I looked in my pencil case and freaked out. I always bring two cases with me—one for pencils and one for period stuff. Guess which one I gave him?”

panty raid

“I have a Labrador who loves to carry my underwear and drop them around the house. During my older brother’s party, my dog grabbed a pair of particularly frilly panties and went down the hall, toward the party! I got there a second too late, and had to pick my underwear off of my brother’s (insanely hot and equally mortified) friend.”



“I was running after my friend. Slid on floor. Stopped in front of my crush. He laughed.” #Idied



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HOW TO PARTICIPATE IN THE MAKE ME CHIC SCARF GIVEAWAY (page 18): Starting January 1, 2012 at 12:01 A.M. ET, go to MakeMeChic.com/seventeen and enter the code "17MMC" on the entry form to receive one (1) free scarf (approximate retail value: \$12 each). One thousand (1,000) will be given away. One per person/per address. Giveaway ends February 5, 2012, or while supplies last. Once all scarves are distributed, there will be no substitute product given away.

HOW TO PARTICIPATE IN THE FREE DOWNLOADS GIVEAWAY (pages 18 and 76): Starting January 3, 2012, at 12:01 A.M. ET, go to seventeen.com/musicguide and enter the following codes on the individual entry forms: To download the song "Fireball" by Willow Smith, enter the code "FIREBALL"; to download the song "Don't Stop (Color on the Walls)" by Foster the People, enter the code "FOSTER"; to download the song "Lean Into the Fall" by MONA, enter the code "FALL"; to download the song "This Little Girl" by Cady Groves, enter the code "LITTLEGIRL"; to download the song "The Broken Ones" by Dia Frampton, enter the code "BROKEN". (Approximate retail value: \$99). Limit of 1,000 downloads or while supplies last, whichever is greater. One per person/per address. Giveaway ends February 7, 2012, or while supplies last. Once all downloads are distributed, no substitute product will be given away.

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NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Must be female, between the ages of 13 and 29, and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Quebec Province and where prohibited by law, unless otherwise noted. Odds of winning depend on the number of eligible entries received.

HOW TO ENTER THE FEBRUARY DAILY FREEBIES (page 12): Minors must get permission to enter. Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, February 1, 2012, through 11:59 P.M. ET, February 29, 2012. Daily sweepstakes will be held each day starting at 12:01 A.M. ET, and ending at 11:59 P.M. ET, for 28 days. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE FEBRUARY TEAM SEVENTEEN SWEEPSTAKES (page 59): Complete and submit the online entry form at seventeen.com/freebies, beginning at January 3, 2012, at 12:01 A.M. ET, through February 6, 2012, at 11:59 P.M. ET. One (1) winner will receive the following prize package: (a) round-trip coach air transportation for winner and guest to Miami, Florida (approximate retail value: \$800); (b) breakfast buffet and a two-night stay for two in a Cabana room at the National Hotel in Miami, Florida (approximate retail value: \$1,000). Total approximate retail value for all prizes awarded: \$1,800. If winner is a minor, then a parent or legal guardian must be winner's travel guest. Open to females, ages 13-29 years of age who are legal residents of the 48 contiguous states or District of Columbia. Void in Puerto Rico, Canada, Hawaii, and Alaska. Odds of winning depend on the number of eligible entries received. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

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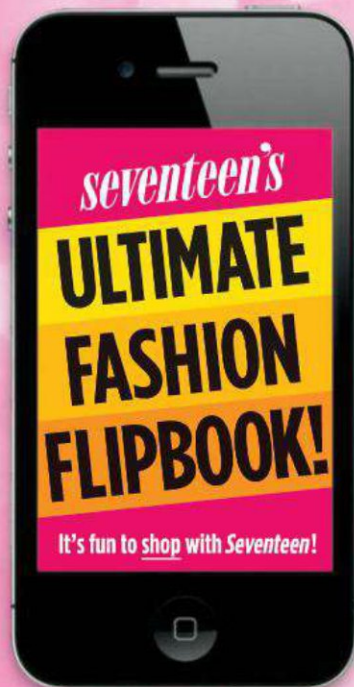
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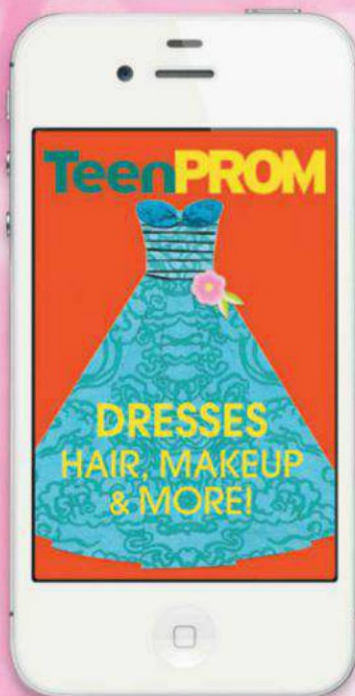
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FEBRUARY horoscope

by sally brompton

AQUARIUS

Jan 20–Feb 18 Aqua girls are famous for their sense of style, but with the sun lighting up your sign the first half of February, you'll take your look into wild new territory. It will be an amazing makeover, and on V-Day, a cute admirer (or two!) will tell you so.

GEMINI

May 21–Jun 20 Your sense of humor is legendary, but on the 14th, you'll be tempted to get laughs with an edgy V-Day text that could end up in the wrong hands. Luckily, the stars send your girls to intervene! Listen when they tell you to: Drop. That. Phone.

libra

Sep 23–Oct 22 No one is better than you at bringing people together. As Venus moves through your partnership area near the 8th, you'll help a friend patch up a shaky romance. As for *your* love life, a sudden attraction on the 10th will lead to one hot Valentine's Day!

PISCES

Feb 19–Mar 20 A super-shy guy has caught your eye, and you'd *love* for him to ask you out, but he hasn't been able to get up the nerve! Luckily on the 7th, Mercury will give him the courage to make a move. A sweet Valentine's surprise could follow!

CANCER

Jun 21–Jul 22 You haven't been able to stop thinking about a toxic ex; it's as if he's taken over your brain! But with an assist from the stars, your crew will help you take your mind off him, and by V-Day, you'll be open to meeting new guys for the first time in forever!

scorpio

Oct 23–Nov 21 Lately your relationship just seems... *off*, and after Valentine's Day, you'll be forced to ask yourself if you and your guy are really meant to be. A heart-to-heart with your BFF will help you figure what to do next. (Happier days are ahead, Scorp!)

aries

Mar 21–Apr 19 You're psyched to keep your New Year's resolution to exercise, but typical workouts are such a snooze! Luckily the new moon on the 7th will bring a new way to sweat! (Skiing? A dance class? A new team?) PS: You'll meet a cute valentine in the process!

LEO

Jul 23–Aug 22 You're in a shopping mood, but if you don't watch it, you could blow your savings on the 25th when Jupiter will urge you to spend like crazy. Avoid your fave stores that day—including online ones, sneaky girl! And on V-Day, let *him* treat.

SAGITTARIUS

Nov 22–Dec 21 You've heard sketchy info about a friend's guy. Because it's *so* shady, you'll be tempted to keep it to yourself, but your girl *needs* to know. Tell her before the 7th, so the universe helps her believe it. Luckily, *your* guy is a dream. He has a great V-Day planned!

taurus

Apr 20–May 20 After a chill Valentine's with your sweetie, a bunch of friends will need a helping hand. On the 21st, you'll be juggling a ton of stuff when a pal volunteers you for something else. If you agree, you'll end up dropping *every* ball. It's okay to say no. Really!

VIRGO

Aug 23–Sep 22 You'll be such a flirt on V-Day (*rowr!*), but during the rest of the month, you're all business. You're ambitious by nature, but your mission to be perfect on every front could burn you out. You deserve a fun night out, and on the 23rd, you'll get it!

capricorn

Dec 22–Jan 19 Ready for superstardom, Cap? The planets will favor your dreams in a *huge* way, especially on the 18th and 28th. You'll get a burst of motivation *and* your friends will rally around you. (Your guy will want you all to himself on V-Day, though!)



= GIRL TALK



= HOT PARTIES



= FLIRTY FUN



= CRAZY DRAMA



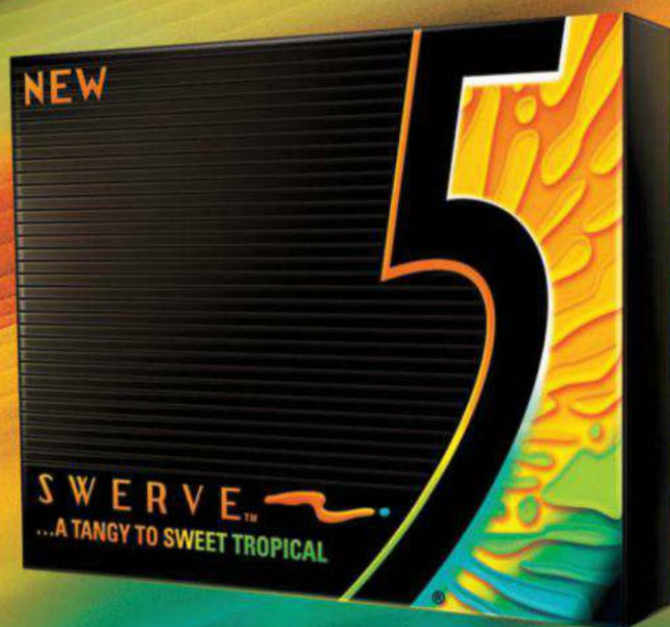
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